



# TERM 3 TIMETABLE

DOWNSTAIRS STUDIO – MORNINGTON  
Monday 8<sup>th</sup> May to Sunday 2<sup>nd</sup> July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9am BEG STATIC POLE Course Emma	
					10AM INTER STATIC POLE Course Emma	
3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10		
6.30PM ADV 3 STATIC POLE Course Emma	6.30PM A3 SPIN POLE Course Maddy	6.30PM A2 SPIN POLE Course Maddy				
7.30PM INTER STATIC POLE Course Sarsha	7.30PM ADV 2 STATIC POLE Course Allira	7.30PM ELITE POLE Course Maddy	7.30PM INTER STATIC POLE Course Allira			
8.30PM ADV SPIN POLE Course Emma	8.30PM ADV 1 STATIC POLE Course Allira	8.30PM INTER STATIC POLE Course Emma	8.30PM ADV 1 STATIC POLE Course Emma			

UPSTAIRS STUDIO - MORNINGTON  
Monday 8<sup>th</sup> May to Sunday 2<sup>nd</sup> July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9-12.30pm PRACTICE TIME \$10	
					9-12.30pm PRACTICE TIME \$10	
3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10		
6.30PM BEG SPIN POLE Course Sarsha		6.30PM BEG STATIC POLE Course Emma				
7.30PM BEG STATIC POLE Course Emma	7.30PM POLE POWER Casual Maddy	7.30PM POLE MOVES Casual Davina	7.30PM BEG STATIC Course Emma			
8.30PM BEG STATIC POLE Course Sarsha	8.30PM BEG STATIC POLE Course Maddy	8.30PM INTER SPIN POLE Course Maddy				

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# TERM 3 TIMETABLE

AERIAL STUDIO – MORNINGTON  
Monday 8<sup>th</sup> May to Sunday 2<sup>nd</sup> July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9-10.30AM PRACTICE TIME \$10	
					10.30AM INTER 1 HOOP Course Allira	
3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10	3-6.30pm PRACTICE TIME \$10		
	6.30PM STRETCH TECHNIQUE Casual Allira	6.30PM BEG HOOP Course Davina	6.30PM INTER 2 HOOP Course Allira			
7.30PM BEG HOOP Course Davina	7.30PM INTER 2 HOOP Course Lauren		7.30pm INT 3 HOOP Course Lauren			
8.30PM HOOPSATIONS Casual Davina	8.30PM ADV 1 HOOP Course Lauren	8.30PM INT 1 HOOP Course Davina	8.30pm ADV 2 HOOP Course Lauren			

## Sexy Floor Flow

FRIDAY 7<sup>TH</sup> APRIL 6.30-8.30PM WITH ELIZA

Time to get the knee pads out or your long exotic socks for our new floor flow workshop! Learn a range of sexy transitions and movements around the pole and on the floor. Mobilise your hips as you create strong movements with your legs and gain upper body strength whilst using your arms to move your body around the pole and on the floor.

Learn a fully choreographed routine that will give you great ideas of how to get on and off the pole to prep yourself for combos and tricks.

Sexy Floor Flow is suitable for all levels and completely beginner friendly.

2hr workshop \$45 for current students/\$50 for non-students

Intermediate Pole Intensive Friday 21<sup>st</sup> April 6.30-8.30pm with Em

Beginner Pole Intensive Saturday 28<sup>th</sup> April 12-2pm with Davina

These intense pole workshops are designed to help students improve on tricks in their current course and get ready for the next level. Over

2 hours your instructor will revise tricks from your level to help you nail them with confidence! Perfect for anyone who is struggling with a move or two and wants to move up, or students who are coming back to pole dancing or transferring from other schools.

2hr workshop \$45 for current students/\$50 for non-students

## Lauren Rui Signature Workshop: Twisted Tricks

SATURDAY 22<sup>ND</sup> APRIL – with Lauren

In this workshop, Lauren will take you through a few of her favorite tricks and transitions not normally covered in the curriculum as well as exploring new variations for some of your old favorites. Character work will also be touched on as you explore different ways to interact with your hoop and work towards telling stories through your movement. Lauren will also set you up with some tips and skills to get you started on exploring and discovering new variations for your own favorite tricks.

2hr workshop \$45 for current students/\$50 for non-students