



TERM 4 TIMETABLE

Monday 3rd July to Sunday 27th August 2017

** Concession rate applies for students, weekday morning classes as marked ** - \$200 course (Must show student ID)

All classes subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00am – 12.30pm PRACTICE TIME	**10.30am ** INTER STATIC Course Lou	**10.30am ** BEG SPIN Course Lou			10am POLE MOVES- SPIN Casual Anna	10am BEG STATIC Course Caroline
10.00am – 12.30pm PRACTICE TIME	**11.30am ** ADV 1 STATIC Course Lou	**11.30am ** INTER SPIN Course Lou			11am INTER SPIN Course Anna	11am POLE POWER- STATIC Casual Caroline
					12pm BEG SPIN Course Angelique	12pm-2pm PRACTICE TIME
4.00pm-5.30pm PRACTICE TIME	4.00pm-6.30pm PRACTICE TIME	4.00pm-5.30pm PRACTICE TIME	4.00pm-5.30pm PRACTICE TIME		1pm DANCE TECHNIQUE Course Angelique	12pm-2pm PRACTICE TIME
5.30pm INTER STATIC Course Hollie	4.00pm-6.30pm PRACTICE TIME	5.30pm BEG SPIN Course Lou	5.30pm INTER STATIC Course Lou			
6.30pm POLE POWER- STATIC Casual Hollie	6.30pm CORE POWER Casual Gracie	6.30pm ADV 1 SPIN Course Lou	6.30pm BEG STATIC Course Cherie			
7.30pm BEG STATIC Course Hollie	7.30pm INTER STATIC Course Gracie	7.30pm INTER SPIN Course Lou	7.30pm A1 STATIC Course Gracie			
8.30pm BEG SPIN Course Anna	8.30pm ADV 2 SPIN Course Gracie	8.30pm ADV 3 STATIC Course Lou	8.30pm A2 STATIC Course Gracie			

AERIAL HOOP STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00am – 12.30pm PRACTICE TIME	10.30am **BEG HOOP ** Course Shannon	10.00am – 12.30pm PRACTICE TIME			10am INTER 1 HOOP Course Raelene	9.30am-12pm PRACTICE TIME
10.00am – 12.30pm PRACTICE TIME	11.30am **INTER 1 HOOP ** Course Shannon	10.00am – 12.30pm PRACTICE TIME			11am FLY GYM Casual Raelene	10am-12pm PRACTICE TIME
					12pm A1 HOOP Course Raelene	12pm FLY GYM Casual Caroline
4.00pm-5.30pm PRACTICE TIME	4.00pm-5.30pm PRACTICE TIME	4.00pm-6.30pm PRACTICE TIME	4.00pm-5.30pm PRACTICE TIME		1pm to 2pm PRACTICE TIME	
5.30pm BEG HOOP Course Shannon	5.30pm INTER 1 HOOP Course Tarrah	4.00pm-6.30pm PRACTICE TIME	5.30pm STRETCH TECH Casual Gracie			
6.30pm INTER 1 HOOP Course Shannon	6.30pm FLY GYM Casual Tarrah	6.30pm INTER 3 HOOP Course Tarrah	6.30pm INTER 2 HOOP Course Gracie			
7.30pm BEG HOOP Course Tarrah	7.30pm ADV 2 HOOP Course Lauren	7.30pm AERIALPOWER Casual Tarrah	7.30pm BEG HOOP Course Raelene			
8.30pm INTER 2 HOOP Course Tarrah	8.30pm ADV 3 HOOP Course Lauren	8.30pm BEG HOOP Course Tarrah	8.30pm INTER 1 HOOP Course Raelene			



TERM 4 TIMETABLE

SEXY FLOOR FLOW with LOU LANDERS SATURDAY 27TH of MAY 2PM TO 4PM

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 non-students

FLY GYM WORKSHOP with TARAH SATURDAY 3RD JUNE 1PM TO 3PM

This is the 2 hour version of our famous Fly Gym Casual Class! This stretch and conditioning workshop uses the aerial Fly Gym to help you achieve flexibility based moves you never thought possible! The comfort and support of the Fly Gym allows you to relax into deeper, supported stretches. The Fly Gym is great for split and back stretching and will help you find extra length in muscles you didn't even know you had!

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

BEYON-SLAY with GRACIE SATURDAY 24TH JUNE 2PM TO 4PM

The time has come, to unleash your inner Beyonce to the world! Fall dangerously in love with this 2 hour workshop where you will learn a fully choreographed Beyonce inspired routine. Learn how to isolate your hips, booty pop and even body roll like there ain't no tomorrow. Wear your 6 inch heels or even your 8 inch in our new dance based workshop where you will even warm up to the sounds of Queen Bey herself. Not just for the single ladies, Beyon-SLAY is workshop suitable for all levels. 2hr workshop. \$45 for current students/\$50 non-students

FLOOR CORE AND HULA HOOP with HANNE SATURDAY 1ST JULY 1PM TO 3PM

Get ready for a total ab workout! In the first half of the class you'll focus on Pilates style core exercises targeting the lower abs. Not only does deep abdominal strengthening help you achieve in pole and aerial hoop, it can also improve stabilization, ease lower back pain and has the added bonus of flattening tummy's!

In the second half of the class we keep the ab workout going with hula hoop fun! Concentrating on rotations around all different parts of the body and a whole range of manipulation tricks for all levels. Learn lots of different rolls and flourishes, and leave the class with an assortment of new skills and a stronger core! Open to all levels.

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

PRICES

COURSES

8-week course:	\$240
8-week course (concession rate):	\$200 (must present student card)**
Additional 8-week course:	\$190 (within the same term)
12-month membership:	\$60/fortnight (see reception for details)
4-week course	\$120

PACKAGES

Pole/Aerial Goals Package \$450
2 x Courses & Unlimited practice time

CASUAL CLASSES

Introductory offer (new students only):	\$50 for 5 casual classes (valid for 2 weeks)
Member price:	\$25
Non-member:	\$30
Session card (10 classes) member price:	\$200
Session card (10 classes) non-member price:	\$240

PRACTICE TIME

Practice time: \$10 or \$80 for full term (current students only)

\$20 for non-current students