



TERM 2 TIMETABLE

DOWNSTAIRS STUDIO – MORNINGTON
Monday 6th March to Sunday 7th May 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	11AM ADV 1 STATIC POLE Course Emma	
6.30PM ADV 3 STATIC POLE Course Eliza	6.30PM BEG STATIC POLE Course Maddy	6.30PM BEG STATIC POLE Course Emma	6.30PM INTER STATIC POLE Course Allira			
7.30PM INTER STATIC POLE Course Sarsha	7.30PM ADV 2 STATIC POLE Course Allira	7.30PM ELITE POLE Course Maddy	7.30PM BEG STATIC POLE Course Emma			
8.30PM BEG STATIC POLE Course Sarsha	8.30PM ADV 1 STATIC POLE Course Allira	8.30PM INTER STATIC POLE Course Emma	8.30PM ADV 3 STATIC POLE Course Emma			

UPSTAIRS STUDIO - MORNINGTON
Monday 6th March to Sunday 7th May 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 ADV 3 SPIN POLE Course Eliza	6.30PM ADV 2 SPIN POLE Course Maddy				
7.30PM BEG STATIC POLE Course Davina	7.30PM POLE POWER Casual Maddy		7.30PM POLE MOVES Casual Allira			
8.30PM ADV SPIN POLE Course Eliza	8.30PM FLEX & FLOW Casual Eliza	8.30PM INTER SPIN POLE Course Maddy				

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AERIAL STUDIO – MORNINGTON
Monday 6th March to Sunday 7th May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				9.30AM STRETCH TECH Casual Eliza	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 BEG HOOP Course Davina	6.30PM INTER 2 HOOP Course Allira	6.30PM STRETCH TECH Casual Eliza				
7.30PM STRETCH TECH Casual Eliza	7.30PM INTER 3 HOOP Course Eliza	7.30PM INTER 2 HOOP Course Eliza	7.30pm BEG HOOP Course Lauren			
8.30PM HOOPSATIONS Casual Davina	8.30PM INTER 1 HOOP Course Maddy	8.30PM ADV 1 HOOP Course Eliza	8.30pm ADV 2 HOOP Course Lauren			

Beyon-SLAY

SATURDAY 18TH MARCH 12-2PM with Allira

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 for non-students

Dynamic Static Pole

SATURDAY 25TH MARCH 3-5PM with Mishka

Learn exciting and dynamic movement to enhance your static pole skills in our new 2 hour Dynamic Static Pole workshop. Our experienced instructors will teach you how to adapt your body to perform powerful static tricks and combos which will improve your technique and transitions around the pole. Fly through the air as you throw your body into static tricks that will have you wow'ing your audience!! The foundations of pole is a must for our newly structured workshop therefore it is suitable to high intermediate and above students. If you are unsure please speak with your pole dance instructor or

Desk Divas!

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

Straddle & Crucifix Session

SATURDAY 1ST APRIL 12-1.30PM – with Emma

This intense 1.5 hr session will help you achieve front & aerial front straddle and front crucifix. The session covers strengthening & flexibility components, focusing on the specific muscle groups you'll need to get those legs up and over! Improve the core, back, quad and hip flexor strength needed to prevent injury. Suitable for students who have begun working on their front straddle and front crucifix in their course.

1.5hr Workshop \$40

SEXY FLOOR FLOW

FRIDAY 7TH 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 21st April 6.30-8.30pm with Em

Beginner Pole Intensive Saturday 28th 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 22ND 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