



TERM 1 TIMETABLE

12th January - 8th March 2026

POLE & AERIAL DIVAS MORNINGTON

7/4 Torca Terrace, Mornington VIC 3931

Phone: (03) 5976 2978

Email: mornington@poledivas.com.au

DOWNSTAIRS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am POLE CONDITIONING Strength Zoe	9:30am INTER PREP STATIC POLE 8 Week Course Emma	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	9:00am POLE CONDITIONING Strength Emma
10:30am BEGINNER SPIN POLE Progressive Course Zoe	10:30am POLE MOVES Dance Emma				10-11am PRACTICE TIME BOOKING ESSENTIAL
11:30am BEGINNER STATIC POLE Progressive Course Zoe	11:30am ADVANCED STATIC POLE 8 Week Course Emma				11:00am INTER PREP STATIC POLE 8 Week Course Emma
3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	12:30pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL		5:30pm POLE MOVES Dance Zoe	5:30pm INTERMEDIATE STATIC POLE 8 Week Course Emma Rose	
5:30pm ELITE SPIN POLE 8 Week Course Emma Rose					
6:30pm ELITE STATIC POLE 8 Week Course Emma Rose	6:30pm POLE MOVES Dance Zoe	6:30pm ADVANCED STATIC POLE 8 Week Course EMMA	6:30pm ELITE PREP STATIC POLE 8 Week Course Lolo	6:30pm POLE MOVES Dance Emma Rose	
7:30pm INTERMEDIATE SPIN POLE 8 Week Course Emma Rose	7:30pm INTER PREP STATIC POLE 8 Week Course Zoe	7:30pm SENSUAL FLOW Dance Emma	7:30pm ELITE PREP SPIN POLE 8 Week Course Lolo		
8:30pm POLE MOVES Dance Emma Rose	8:30pm BEGINNER STATIC POLE Progressive Course Zoe	8:30pm INTERMEDIATE STATIC POLE 8 Week Course Emma	8:30pm ADVANCED SPIN POLE 8 Week Course Lolo		

UPSTAIRS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	11am - 9:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 8pm PRACTICE TIME BOOKING ESSENTIAL	9-10am PRACTICE TIME BOOKING ESSENTIAL
					10:00am BEGINNER STATIC POLE Progressive Course Emma
5:30pm BEGINNER STATIC POLE Progressive Course Moni		6:30pm INTER PREP SPIN POLE 8 Week Course Moni	6:30pm BEGINNER STATIC POLE Progressive Course Zoe		11-12:30pm PRACTICE TIME BOOKING ESSENTIAL
6:30pm BEGINNER SPIN POLE Progressive Course Moni		7:30pm BEGINNER SPIN POLE Progressive Course Moni	7:30pm POLE CONDITIONING Strength Zoe		
7:30pm INTER PREP SPIN POLE 8 Week Course Moni					
8:30pm PRACTICE TIME BOOKING ESSENTIAL					

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3-6:30pm PRACTICE TIME BOOKING ESSENTIAL	10:20am BEGINNER LYRA Progressive Course Nicole	3-5:30pm PRACTICE TIME BOOKING ESSENTIAL	3-5:20pm PRACTICE TIME BOOKING ESSENTIAL	3-5:30pm PRACTICE TIME OR STUDIO HIRE BOOKING ESSENTIAL	9am-12pm PRACTICE TIME BOOKING ESSENTIAL
	10 MIN BREAK				
	11:30am BEGINNER SILKS Progressive Course Nicole		5:20pm OPEN BEGINNER/ INTER TEEN SILKS Course Taz		
	12:30-6:30pm PRACTICE TIME BOOKING ESSENTIAL			5:30pm INTER PREP SILKS 8 Week Course Nicole	
		5:30pm ADVANCED PREP LYRA 8 Week Course Nicole			
6:30pm INTERMEDIATE LYRA 8 Week Course Katelyn	6:30pm ADVANCED PREP LYRA 8 Week Course Ainslie	6:30pm ADVANCED LYRA 8 Week Course Nicole	10 MIN BREAK	6:30pm INTERMEDIATE SILKS 8 Week Course Nicole	
7:30pm BEGINNER LYRA Progressive Course Katelyn	7:30pm STRETCH TECHNIQUE Stretch Ainslie	7:30pm ELITE LYRA 8 Week Course Nicole	7:30pm INTERMEDIATE LYRA 8 Week Course Taz	7:30pm ADVANCED SILKS 8 Week Course Nicole	
8:30pm ADVANCED LYRA 8 Week Course Katelyn	8:30pm ELITE PREP LYRA 8 Week Course Ainslie	8:30pm TRENDING TRICKS Tricks Nicole			