



TERM 5 BEGINNER TIMETABLE

24th August - 18th October 2026

POLE DIVAS PRAHRAN

3/22 Ceil Place, Prahran 31811

Phone: 0481 288 153

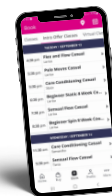
Email: @poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30pm POLE MOVES Georgia	4:30pm SENSUAL FLOW Synamon	11am BEGINNER/ INTER PREP STATIC Jess	4:30pm POLE MOVES Peita	5:30pm BEGINNER SPIN Robyn	9:30am POLE CONDITIONING Georgia	10am BEGINNER SPIN Georgia
	5:30pm BEGINNER STATIC Synamon	12pm POLE MOVES Jess			11:30am BEGINNER SPIN Aleks	11am POLE MOVES Georgia
	8:30pm STRETCH TECH Bex	4:30pm BEGINNER SPIN Aleks				

COURSES VS. CASUAL CLASSES - In our 8 week courses you will learn a structured syllabus, progressing through the levels. Casuals will upskill more specific areas such as dance, strength and flex, they are open to all levels.

COST - You have two options, sign up to a direct debit membership starting at \$60 a fortnight for 1 Class Per Week, OR pay upfront starting at \$139 for a 4 Class Pass.

HOW TO BOOK - Download the Pole Divas app, select PRAHRAN and book accordingly from the "Book" tab (if you have a pass on your account) or "Buy" if you want to purchase a pass. Go to "Autopays" to sign up to a membership.



Download the Pole Divas app to book your classes & manage your schedule!



www.poledivas.com.au/prahran