

POLE & AERIAL DIVAS MORNINGTON

Holiday Timetable

15th - 19th December, 2025

DOWNSTAIRS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30am	Practice Time 3 - 6:30pm	POLE CONDITIONING Strength - Zoe	Practice Time 3 - 6:30pm	Practice Time 3 - 5:30pm	POLE MOVES Dance - Emma Rose
11:30am		BASEWORK BADDIE Tricks - Zoe			FLIPS & KIPS Tricks - Emma Rose
		Practice Time 12:30 - 6:30pm			Practice Time 3 - 5:30pm
5:30pm				LYRICAL FLOW Dance - Zoe	POLE-ATES Strength - Emma Rose
6:30pm	SPIN SHAPES Tricks - Emma Rose	FIERCE FLOW Dance - Emma	STRIP/LAP DANCE Dance - Emma	HARDSTYLE Dance - Lolo	DYNAMIC STATIC Tricks - Emma Rose
7:30pm	POLE MOVES Dance - Emma Rose	BASEWORK BADDIE Tricks - Emma	POLE MOVES Dance - Emma	INVERSION THERAPY Tricks/Strength - Lolo	POLE MOVES Dance - Emma Rose
8:30pm	FLIPS & KIPS Tricks - Emma Rose	BOOTAY Dance - Zoe	Practice Time 8:30-9:30pm		

UPSTAIRS STUDIO

10:30am	BEGINNER SPIN POLE Tricks - Zoe		Upstairs Practice Time 3 - 6:30pm	Practice Time 3 - 5:30pm	Practice Time 3 - 8:30pm
11:30am	Practice Time 3 - 6:30pm	BEGINNER STATIC POLE Tricks - Allira			
		Practice Time 12:30 - 6:30pm			
5:30pm		CORE CONDITIONING Strength - Lolo			
6:30pm	POLE ROCK Dance - Moni	80'S AEROBICS/HIIT Strength - Zoe	BEGINNER SPIN POLE Tricks - Moni	BEGINNER STATIC POLE Tricks - Zoe	
7:30pm	BEGINNER SPIN POLE Tricks - Moni	BEGINNER STATIC POLE Tricks - Zoe	POLE ROCK Dance - Moni	POLE CONDITIONING Strength - Zoe	
8:30pm	Practice Time 8:30-9:30pm	Practice Time 8:30-9:30pm	Practice Time 8:30-9:30pm		

AERIAL STUDIO

	Practice Time 3 - 9:30pm	Practice Time 12:30 - 6:30pm	Upstairs Practice Time 3 - 5:30pm	Practice Time 3 - 8:30pm	Practice Time 3 - 6:30pm
5:30pm			LYRA STRAP TRICKS Tricks - Nicole		
6:30pm		AERIAL CONDITIONING Strength - Ainslie	LOW FLOW LYRA Dance - Nicole		TRENDING TRICKS - SILKS Tricks - Nicole
7:30pm		INTRO TO DYNAMIC PATHWAYS Tricks - Ainslie	TRENDING TRICKS - LYRA Tricks - Nicole		AERIAL BASICS Tricks - Nicole
8:30pm		STRETCH TECHNIQUE Stretch - Ainslie	AERIAL BASICS Tricks - Nicole		

