



TERM 5 TIMETABLE

Mon 24th Aug - Sun 18th Oct

**POLE & AERIAL DIVAS
CAROLINE SPRINGS**

23/39 Eucumbene Dr, Ravenhall VIC 3023

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BEGINNER FRIENDLY TIMETABLE

Courses vs Casual Classes: In our 8 week progressive courses you will learn a structured syllabus, and build your strength throughout the levels, and you are able to start any-time throughout the term. Casual classes will upskill more specific areas such as dance, strength and flex, they are open to all levels.

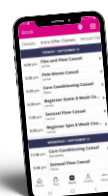
POLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm FLY GYM Stretch Alicia	5:30pm POLE CONDITIONING Strength Alicia	6:30pm POLE ROCK Dance Gabby	5:30pm BOOTAY / CHAIR / STRIP Dance Courses Kristee	10:30am FLEX & FLOW Stretch & Dance Alicia	10:00am BEGINNER STATIC Progressive Course Sally
6:30pm BEGINNER SPIN Progressive Course Anabel	5:30pm BEGINNER SPIN Progressive Course Ivy	7:30pm BEGINNER STATIC Progressive Course Franny	6:30pm BEGINNER STATIC Progressive Course Kristee	7:00pm BOLD & BURLESQUE Dance Kate	11:00am POLE MOVES Dance Sally
7:30pm STRETCH TECH Stretch Anabel	8:30pm FLEX & FLOW Stretch & Dance Alicia	8:30pm BEGINNER SPIN Progressive Course Franny	7:30pm BEGINNER SPIN Progressive Course Kristee	8:00pm BEG FAN DANCE Dance Kate	12:00pm FLY GYM Stretch Chantelle
			8:30pm STRETCH TECH Stretch Mimi		

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30pm BEGINNER SILKS Progressive Course MJ		6:30pm AERIAL CONDITIONING Strength Lora	8:30pm BEGINNER LYRA Progressive Course MJ		10:00am BEGINNER SILKS Progressive Course Chantelle
		7:30pm BEGINNER LYRA Progressive Course Lora			

www.poledivas.com.au/caroline-springs



Download the Groovio app to book your classes & manage your schedule!



Scan the QR code to get the app!