



TERM 1 TIMETABLE

Mon 12th January - Sun 8th March

POLE & AERIAL DIVAS
CAROLINE SPRINGS

23/39 Eucumbene Dr, Ravenhall VIC 3023

Phone: (03) 8390 6699

Email: carolinesprings@poledivas.com.au

POLE STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm FLY GYM Stretch Alicia	5:30pm POLE CONDITIONING Strength Alicia		5:30pm BOOTAY/CHAIR 2 x 4 Week Dance Courses Franny	10:00am OPEN POLE PRIVATE Tricks Alicia	9:00am FLY GYM Stretch Chantelle
6:30pm ADV STATIC 8 Week Course Alicia	6:30pm INTER PREP STATIC 8 Week Course Alicia	6:30pm INTER SPIN 8 Week Course Jade	6:30pm ELITE PREP STATIC 8 Week Course Tammy	11:00am FLEX & FLOW Stretch & Dance Alicia	10:00am BEGINNER STATIC Progressive Course Anabel
7:30pm INTER STATIC 8 Week Course Anabel	7:30pm BEGINNER STATIC Progressive Course Anabel	7:30pm INTER PREP SPIN 8 Week Course Jade	7:30pm POLEOGRAPHY 4 Week Dance Course Mimi	6:00pm - 9:00pm PRACTICE TIME	11:00am INTER PREP STATIC 8 Week Course Anabel
8:30pm BEGINNER STATIC Progressive Course Anabel	8:30pm BEGINNER SPIN Progressive Course Anabel	8:30pm POLEOGRAPHY 4 Week Dance Course Jade	8:30pm STRETCH TECH Stretch Mimi		12:00pm POLE MOVES Dance Anabel

POLE STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm - 6:30pm PRACTICE TIME	3:30pm - 6:30pm PRACTICE TIME	3:30pm - 7:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	10:00am - 12:00pm PRACTICE TIME	9:00am - 1:00pm PRACTICE TIME
6:30pm BEGINNER SPIN Progressive Course Anabel	6:30pm ADV POLE MOVES Dance Anabel		6:30pm BEGINNER SPIN Progressive Course Mimi		
7:30pm ELITE SPIN 8 Week Course Alicia	7:30pm ELITE STATIC 8 Week Course Alicia	7:30pm BEG FAN DANCE Dance Kate	7:30pm ADV SPIN 8 Week Course Tammy		
8:30pm ELITE PREP SPIN 8 Week Course Alicia	8:30pm FIERCE FLOW 4 Week Dance Course Alicia	8:30pm INTER FAN DANCE Dance Kate	8:30pm INTER PREP SPIN 8 Week Course Tammy		

www.poledivas.com.au/caroline-springs



POLE DIVAS



AERIAL DIVAS

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AERIAL STUDIO C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm - 6:30pm PRACTICE TIME	3:30pm - 5:30pm PRACTICE TIME	3:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	10:00am - 12:00pm PRACTICE TIME	10:00am BEGINNER SILKS Progressive Course Chantelle
	5:30pm BEGINNER LYRA Progressive Course Sally				11:00am INTER PREP SILKS 8 Week Course Chantelle
6:30pm INTER SILKS 8 Week Course Charlene	6:30pm ADV LYRA 8 Week Course Lauren	6:30pm INTER LYRA 8 Week Course Charlene	6:30pm ELITE PREP LYRA 8 Week Course Nin	6:00pm ADV PREP SILKS 8 Week Course Nichola	12:00pm - 1:00pm PRACTICE TIME
7:30pm BEGINNER SILKS Progressive Course Charlene	7:30pm ADV PREP LYRA 8 Week Course Lauren	7:30pm BEGINNER LYRA Progressive Course Charlene	7:30pm ELITE LYRA 8 Week Course Nin	7:00pm ADV SILKS 8 Week Course Nichola	
8:30pm INTER PREP SILKS 8 Week Course Charlene	8:30pm INTER LYRA 8 Week Course Lauren	8:30pm - 9:30pm PRACTICE TIME	8:30pm BEGINNER LYRA Progressive Course Nin	8:00pm OPEN AERIAL PRIVATE Tricks Nichola	

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