



POLE DIVAS



AERIAL DIVAS

TERM 6 TIMETABLE

Mon 20th Oct - Sun 21st Dec 2025

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/STRIP TEASE Dance Kristee	10:00am OPEN POLE PRIVATE Tricks Alicia	10:00am FLY GYM Stretch Chantelle
6:30pm ADV STATIC 8 Week Course Gabby	6:30pm INTER PREP STATIC 8 Week Course Alicia	6:30pm INTER SPIN 8 Week Course Gabby	6:30pm ELITE PREP STATIC 8 Week Course Tammy	11:00am FLEX & FLOW Stretch & Dance Alicia	11:00am INTER PREP STATIC 8 Week Course Jade
7:30pm INTER STATIC 8 Week Course Gabby	7:30pm BEGINNER STATIC Progressive Course Anabel	7:30pm INTER PREP SPIN 8 Week Course Gabby	7:30pm POLEOGRAPHY 4 Week Dance Course Mimi		12:00pm POLEOGRAPHY 4 Week Dance Course Jade
8:30pm ADV POLE MOVES Dance Gabby	8:30pm FIERCE FLOW 4 Week Dance Course Anabel	8:30pm SHOWTIME Dance Gabby	8:30pm STRETCH TECH Stretch Mimi		

POLE STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm - 6:30pm PRACTICE TIME	3:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	10:00am - 12:00pm PRACTICE TIME	9:00am - 10:00am PRACTICE TIME
6:30pm BEGINNER SPIN Progressive Course Alicia	6:30pm POLE MOVES Dance Anabel	6:30pm - 7:30pm PRACTICE TIME	6:30pm INTER PREP SPIN 8 Week Course Mimi		10:00am BEGINNER STATIC Progressive Course Anabel
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		11:00am POLE MOVES Dance Anabel
8:30pm OPEN POLE PRIVATE Tricks Alicia	8:30pm FLEX & FLOW 21/10 - 11/11 Stretch & Dance Alicia	8:30pm INTER FAN DANCE Dance Kate	8:30pm BEGINNER SPIN Progressive Course Tammy		12pm - 1pm PRACTICE TIME



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AERIAL STUDIO C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30pm - 5:30pm PRACTICE TIME				10:00am - 12:00pm PRACTICE TIME	9:00am BEGINNER SILKS Progressive Course Charlene
5:30pm LITTLE AERIALS 10 Week Course starting 6 th October Nichola	3:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME		10:00am INTER PREP SILKS 8 Week Course Charlene
6:30pm ADV PREP/ ADV SILKS 8 Week Course Nichola	6:30pm BEGINNER LYRA Progressive Course Lauren	6:30pm INTER LYRA 8 Week Course Nin	6:30pm ADV LYRA 8 Week Course Kristee		11:00am INTER SILKS 8 Week Course Chantelle
7:30pm BEGINNER SILKS Progressive Course Nichola	7:30pm ADV PREP LYRA 8 Week Course Lauren	7:30pm ELITE PREP/ELITE LYRA 8 Week Course Nin	7:30pm BEGINNER LYRA Progressive Course Kristee		12:00pm - 1:00pm PRACTICE TIME
8:30pm INTER PREP SILKS 8 Week Course Nichola	8:30pm INTER LYRA 8 Week Course Lauren	8:30pm BEGINNER LYRA Progressive Course Nin	8:30pm - 9:30pm PRACTICE TIME		