



POLE DIVAS TERM 1 TIMETABLE

POLE FITNESS

Mon 12th Jan - 8th Mar 2025

POLE DIVAS POINT COOK

111/22-30 Wallace Ave, Point Cook VIC 3030

Phone: 0456 529 098

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STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm BEGINNER STATIC 8 Week Course Jess	5:30pm STRETCH TECH Casual Class Nicole	4:30pm - 5:30pm PRACTICE TIME	5:30pm POLE CONDITIONING Casual Class Jess	11:00am BEGINNER STATIC 8 Week Course Nicole	9:00am POLE CONDITIONING Casual Class Rose
6:30pm POLEOGRAPHY 2 x 4 Week Courses Jess	6:30pm INTER PREP STATIC 8 Week Course Nicole	5:30pm POLE MOVES Casual Class Nicole	6:30pm STREET HEELS/BOOTAY Casual Class Jess	12:00pm POLE MOVES Casual Class Nicole	10:00am BEGINNER SPIN 8 Week Course Rose
7:30pm INTER PREP SPIN 8 Week Course Rose	7:30pm POLE ROCK 2 x 4 Week Courses Casual Class Nicole	6:30pm BEGINNER STATIC 8 Week Course Nicole	7:30pm BEGINNER SPIN 8 Week Course Jess	5:00pm - 7:00pm PRACTICE TIME	11:00am POLE MOVES Casual Class Rose
8:30pm INTER PREP STATIC 8 Week Course Rose	8:30pm BEGINNER SPIN 8 Week Course Nicole	7:30pm INTER STATIC 8 Week Course Nicole	8:30pm STRIP TEASE/CHAIR- OGRAPHY 4 x 2 Week Courses Jess		

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	5:30pm INVERSION THERAPY Casual Class Grace	4:30pm - 9:30pm PRACTICE TIME		9:00am - 12:00pm PRACTICE TIME
6:30pm BEGINNER SPIN 8 Week Course Sophie	6:30pm ADVANCED/ELITE PREP SPIN 8 Week Course Grace/Sophie	6:30pm ELITE PREP/ELITE STATIC 8 Week Course Grace			
7:30pm FLEX & FLOW/LYRICAL Casual Class Sophie	7:30pm INTER SPIN 8 Week Course Grace/Sophie	7:30pm ADVANCED STATIC 8 Week Course Grace			
8:30pm SENSUAL FLOW Casual Class Sophie	7:30pm - 8:30pm PRACTICE TIME	8:30pm ROLL & RELEASE Casual Class Grace			

Courses vs Casual Classes - in a 8 week course you will learn a structured syllabus, progressing through the levels. Casuals will upskill certain 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 \$65 a fortnight for 1 Class Per Week, OR pay upfront starting at \$275 for an 8 Class Pass.

How to book - download the Pole Divas app, select Point Cook 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.

www.poledivas.com.au/pointcook