



TERM 5 BEGINNER CLASSES

POLE & AERIAL DIVAS POINT COOK

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

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24th Aug - 18th Oct 2026

POLE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30pm BEGINNER STATIC 8 Week Course Jess	5:30pm STRETCH TECH Casual Class Nicole	5:30pm POLE MOVES Casual Dance Class Sara	5:30pm FLEX & FLOW Casual Class Jess	11:00am BEGINNER STATIC 8 Week Course Nicole	9:00am POLE CONDITIONING Casual Class Rose	10:00am BEGINNER SPIN 8 Week Course Jocey
6:30pm POLE CONDITIONING Casual Class Rose	5:30pm BEGINNER SPIN 8 Week Course T.K	6:30pm BEGINNER STATIC 8 Week Course Sara	6:30pm BEGINNER STATIC 8 Week Course Jocey	12:00pm POLE MOVES Casual Dance Class Nicole	10:00am BEGINNER SPIN 8 Week Course Rose	11:00am POLE MOVES Casual Dance Class Jocey
7:30pm BEGINNER SPIN 8 Week Course Jocey		8:30pm ROLL & RELEASE Casual Class Grace	6:30pm COMMERCIAL DANCE/BOOTAY Casual Dance Class Jess	6:30pm BEGINNER SPIN 8 Week Course Sara	11:00am POLE MOVES Casual Dance Class Rose	
8:30pm POLE MOVES Casual Class Jocey			7:30pm BEGINNER SPIN 8 Week Course Jess	7:30pm POLE MOVES Casual Dance Class Sara		
			8:30pm STRETCH TECH Casual Class Jess			

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30pm BEGINNER LYRA Progressive Course Francesca		6:30pm BEGINNER LYRA Progressive Course T.K	6:30pm BEGINNER SILKS Progressive Course Charlene		11:00am BEGINNER SILKS Progressive Course Alice	10:00am BEGINNER LYRA Progressive Course Sara
8:30pm BEGINNER LYRA Progressive Course Francesca			8:30pm BEGINNER SILKS Progressive Course Charlene			11:00am BEGINNER LYRA Progressive Course Sara

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 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