



POLE DIVAS TERM 6 TIMETABLE

POLE FITNESS

Mon 20th Oct - Sun 14th Dec 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
4:30pm - 5:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	4:30pm - 6:30pm PRACTICE TIME	5:30pm STRETCH TECH Casual Class Jess	5:00pm - 7:00pm PRACTICE TIME	9:00am POLE CONDITIONING Casual Class Rose
5:30pm POLE CONDITIONING Casual Class Jess	6:30pm STRETCH TECH Casual Class Nicole	6:30pm POLE MOVES Casual Class T.K	6:30pm STREET HEELS Casual Class Jess		10:00am BEGINNER SPIN 8 Week Course Rose
6:30pm BEGINNER SPIN 8 Week Course Jess	7:30pm POLE ROCK 2 x 4 Week Courses Casual Class Nicole	7:30pm OPEN INTER 8 Week Course T.K	7:30pm BEGINNER SPIN 8 Week Course Jess		11:00am POLE MOVES Casual Class Rose
7:30pm POLEOGRAPHY FOUNDATIONS 2 x 4 Week Courses Jess		8:30pm STRIP TEASE/LAP DANCE Casual Class T.K	8:30pm CHAIR-OGRAPHY Casual Class Jess		

STUDIO 2

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