

POLE DIVAS
POLE FITNESS

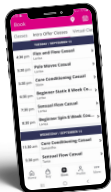
BEGINNER FRIENDLY
TERM 5 TIMETABLE
Mon 24th Aug - Sun 18th Oct

POLE DIVAS RESERVOIR
9 Newlands Rd, Reservoir VIC 3073
Phone: 0450 769 589
Email: reservoir@poledivas.com.au

Courses vs Casual Classes: In our 8 week progressive courses you will learn a structured syllabus, and build your strength throughout the levels, and you are able to start any-time throughout the term. Casual classes will upskill more specific areas such as dance, strength and flex, they are open to all levels.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am BEGINNER STATIC Progressive Course Gabby	6:30pm BEGINNER SPIN Progressive Course Kayla	10:00am BEGINNER SPIN Progressive Course Gabby	5:30pm BEGINNER SPIN Progressive Course Franny	10:00am POLE MOVES Dance Gabby	11:00am BEGINNER STATIC Progressive Course Mimi
12:00pm SENSUAL FLOW Dance Gabby	8:30pm STRETCH TECH Stretch Jade	7:30pm BEGINNER STATIC Progressive Course Ivy	6:30pm BEGINNER STATIC Progressive Course Franny	5:30pm BEGINNER SPIN Progressive Course Kayla	1:00pm STRETCH TECH Stretch Mimi
6:30pm POLE MOVES Dance Mel K		8:30pm POLE MOVES Dance Ivy			
7:30pm BEGINNER SPIN Progressive Course Hien		8:30pm BEGINNER SPIN Progressive Course Molly			
8:30pm FLEX & FLOW Stretch & Dance Lauren					
8:30pm BEGINNER STATIC Progressive Course Hien					

www.poledivas.com.au/reservoir



Download the Pole Divas app to book your classes & manage your schedule!



Scan the QR code to get the app!