



POLE DIVAS
POLE FITNESS

TERM 1 TIMETABLE

Mon 12th January - Sun 8th March
STUDIO 1

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am POLE CONDITIONING Strength Gabby		10:00am INTER PREP SPIN 8 Week Course Gabby		10:00pm INTER PREP STATIC 8 Week Course Gabby	9:00am POLE CONDITIONING Strength Tiana
11:00am BEGINNER STATIC Progressive Course Gabby		11:00am BEGINNER SPIN Progressive Course Gabby		11:00am POLE MOVES Dance Gabby	10:00am ADVANCED STATIC 8 Week Course Tiana
12:00pm POLEOGRAPHY FOUNDATIONS 4 Week Dance Course Gabby		12:00pm INTER SPIN 8 Week Course Gabby		12:00pm INTER STATIC 8 Week Course Gabby	11:00am OPEN PRIVATE Tricks Tiana
3:30pm - 6:30pm PRACTICE TIME	5:30pm INTER STATIC 8 Week Course Kayla	3:30pm - 6:30pm PRACTICE TIME	5:30pm BEGINNER STATIC Progressive Course Molly		12:00pm POLE ROCK 4 Week Dance Course Tiana
6:30pm ELITE STATIC 8 Week Course Lauren	6:30pm INTER PREP STATIC 8 Week Course Kayla	6:30pm BEGINNER STATIC Progressive Course Molly	6:30pm ELITE PREP STATIC 8 Week Course Bella	6:00pm - 8:00pm PRACTICE TIME	1:00pm - 2:00pm PRACTICE TIME
7:30pm ADVANCED STATIC 8 Week Course Lauren	7:30pm BEGINNER STATIC Progressive Course Kayla	7:30pm POLE MOVES Dance Molly	7:30pm INTER STATIC 8 Week Course Bella		
8:30pm FLEX & FLOW Stretch & Dance Lauren	8:30pm POLEOGRAPHY 4 Week Dance Course Jade	8:30pm FLEX & FLOW Stretch & Dance Tiana	8:30pm POLEOGRAPHY 4 Week Dance Course Bella		

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am - 1:00pm PRACTICE TIME		10:00am - 1:00pm PRACTICE TIME		10:00am - 1:00pm PRACTICE TIME	9:00am - 10:00am PRACTICE TIME
5:30pm BEGINNER SPIN Progressive Course Molly	3:30pm - 6:30pm PRACTICE TIME	5:30pm INTER SPIN 8 Week Course Tiana	3:30pm - 6:30pm PRACTICE TIME		10:00am INTER PREP STATIC 8 Week Course Mimi
6:30pm INTER PREP SPIN 8 Week Course Molly	6:30pm BEGINNER SPIN Progressive Course Jade	6:30pm ELITE SPIN 8 Week Course Tiana	6:30pm ADVANCED SPIN 8 Week Course Gabby	6:00pm BEGINNER SPIN Progressive Course Kayla	11:00am BEGINNER STATIC Progressive Course Mimi
7:30pm OPEN PRIVATE Tricks Tammy	7:30pm ELITE PREP SPIN 8 Week Course Jade	7:30pm INTER PREP SPIN 8 Week Course Tiana	7:30pm BEGINNER SPIN Progressive Course Gabby	7:00pm CHAIROGRAPHY 4 Week Dance Course Kayla	12:00pm POLEOGRAPHY 4 Week Dance Course Mimi
8:30pm BASEWORK 4 Week Course Tammy	8:30pm ADVANCED SPIN 8 Week Course Kayla	8:30pm BEGINNER SPIN Progressive Course Molly	8:30pm INTER SPIN 8 Week Course Gabby		1:00pm STRETCH TECH Stretch Mimi