



POLE DIVAS
POLE FITNESS

TERM 6 TIMETABLE

Mon 20th Oct - Sun 21st Dec 2025

STUDIO 1

POLE DIVAS RESERVOIR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00am BEGINNER SPIN Progressive Course Gabby		10:00am BEGINNER STATIC Progressive Course Gabby	9:00am FLEX & FLOW Stretch & Dance Tiana
		11:00am POLEOGRAPHY FOUNDATIONS 4 Week Dance Course Gabby		11:00am POLE MOVES Dance Gabby	10:00am ADVANCED STATIC 8 Week Course Tiana
		12:00pm INTER PREP SPIN 8 Week Course Gabby	3:30pm - 5:30pm PRACTICE TIME	12:00pm INTER PREP STATIC 8 Week Course Gabby	11:00am POLE ROCK 4 Week Dance Course 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 Tiana	6:00pm - 8:00pm PRACTICE TIME	12:00pm - 2:00pm PRACTICE TIME
6:30pm ELITE STATIC 8 Week Course Lauren	6:30pm INTER PREP STATIC 8 Week Course Kayla	6:30pm BEGINNER STATIC Progressive Course Gabby	6:30pm ELITE PREP STATIC 8 Week Course Tiana		
7:30pm ADVANCED STATIC 8 Week Course Lauren	7:30pm BEGINNER STATIC Progressive Course Kayla	7:30pm POLE MOVES Dance Gabby	7:30pm INTER STATIC 8 Week Course Tiana		
8:30pm POLE ACRO & HANDSTANDS 4 Week Course Tammy	8:30pm POLEOGRAPHY 4 Week Dance Course Jade	8:30pm STRETCH TECH Stretch Tiana	8:30pm FIERCE FLOW 4 Week Dance Course Anabel		

STUDIO 2

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

www.poledivas.com.au/reservoir