

## POLE STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30pm <b>POLE MOVES</b> Dance <b>PEITA</b>		5.30pm <b>FIERCE FLOW</b> Dance (Routines taught across 2 weeks) <b>ROBYN</b>	4.30pm <b>TEEN POLE</b> 10 Wk Course (29/1-2/4) <b>MEL K</b>	10am <b>BEGINNER / INT PREP SPIN</b> Tricks <b>PEITA</b>	9am <b>CORE CONDITIONING</b> Strength <b>TIFF</b>	10am <b>STRETCH TECH</b> Stretch <b>OLIVE</b>
6.30pm <b>ADVANCED SPIN</b> Tricks <b>PEITA</b>	6.30pm <b>POLE MOVES</b> Dance <b>DENISE</b>	6.30pm <b>INT PREP SPIN</b> 8 Wk Course <b>ROBYN</b>	6.30pm <b>BEGINNER SPIN</b> Progressive Course <b>MEL K</b>		10am <b>BEGINNER SPIN</b> Progressive Course <b>TIFF</b>	11am <b>BEGINNER STATIC</b> Progressive Course <b>OLIVE</b>
7.30pm <b>POLEOGRAPHY</b> Dance (Routines taught across 2 weeks) <b>PEITA</b>	7.30pm <b>BEGINNER STATIC</b> Progressive Course <b>DENISE</b>	7.30pm <b>POLE MOVES</b> Dance <b>ROBYN</b>	7.30pm <b>INTER SPIN</b> 8 Wk Course <b>MEL K</b>	11am <b>POLE MOVES</b> Dance <b>PEITA</b>	11am <b>INT PREP SPIN</b> 8 Wk Course <b>TIFF</b>	12pm <b>POLE MOVES</b> Dance <b>OLIVE</b>
8.30pm - 9.30pm <b>PRACTICE TIME</b>	8.30pm <b>INT PREP / INTER STATIC</b> 8 Wk Course <b>DENISE</b>	8.30pm <b>BEGINNER STATIC</b> Progressive Course <b>ROBYN</b>	8.30pm <b>POLE ROCK</b> Dance (Routines taught across 2 weeks) <b>MEL K</b>			

## POLE STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30pm <b>CORE CONDITIONING</b> Strength <b>CAZ</b>	4.30pm - 9.30pm <b>PRACTICE TIME</b>	5.30pm <b>POLE CONDITIONING</b> Strength <b>LOLO</b>	4.30pm - 5.30pm <b>PRACTICE TIME</b>	12pm - 2pm <b>PRACTICE TIME</b> (Bookings Essential)	9am - 1pm <b>PRACTICE TIME</b> (Bookings Essential)	10am - 1pm <b>PRACTICE TIME</b> (Bookings Essential)
6.30pm <b>ELITE PREP/ ELITE SPIN</b> Tricks <b>CAZ</b>		6.30pm <b>ELITE STATIC</b> 8 Wk Course <b>LOLO</b>	5.30pm <b>SPLITS INTENSIVE</b> Stretch <b>MEL L</b>			
7.30pm <b>INT PREP SPIN</b> 8 Wk Course <b>TIFF</b>		7.30pm <b>ELITE PREP STATIC</b> 8 Wk Course <b>LOLO</b>	6.30pm <b>FIERCE FLOW</b> Dance (Routines taught across 2 weeks) <b>CAZ</b>			
8.30pm <b>BEGINNER SPIN</b> Progressive Course <b>TIFF</b>		8.30pm <b>ADVANCED STATIC</b> 8 Wk Course <b>LOLO</b>	7.30pm - 9.30pm <b>PRACTICE TIME</b>			

## AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5pm - 6.30pm <b>PRACTICE TIME</b>	4.30pm <b>LITTLE AERIALS MIXER</b> 10 Wk Course (27/1-31/3) <b>TAZ</b>	4.30pm - 5.30pm <b>PRACTICE TIME</b>	4.30pm - 5.30pm <b>PRACTICE TIME</b>	10am - 11am <b>PRACTICE TIME</b> (Bookings Essential)	9am <b>LITTLE AERIALS MIXER</b> 10 Wk Course (31/1-4/4) <b>TAZ &amp; KYRA</b>	10am - 1pm <b>PRACTICE TIME</b> (Bookings Essential)
5.30pm <b>AERIAL BASICS</b> (WKS 7-8 Only) Tricks <b>TAZ</b>	5.30pm <b>TEEN AERIALS MIXER</b> 10 Wk Course (27/1-31/3) <b>TAZ &amp; KYRA</b>	5.30pm <b>BEGINNER LYRA</b> Progressive Course <b>KARINA</b>	5.30pm <b>INTER LYRA</b> 8 Wk Course <b>KYRA</b>	11am <b>BEGINNER LYRA</b> Progressive Course <b>MEL L</b>	10:15am <b>OPEN AERIAL PRIVATE</b> Tricks <b>TAZ</b>	
6.30pm <b>INT PREP / INTER SILKS</b> 8 Wk Course <b>TAZ</b>	6.30pm <b>BEGINNER SILKS</b> Progressive Course <b>KYRA</b>	6.30pm <b>ADV PREP LYRA</b> 8 Wk Course <b>KARINA</b>	6.30pm <b>ADVANCED LYRA</b> 8 Wk Course <b>MEL L</b>	12pm <b>INTER/ ADV PREP LYRA</b> 8 Wk Course <b>MEL L</b>	11:15am <b>BEGINNER SILKS</b> Progressive Course <b>TAZ</b>	
7.30pm <b>BEGINNER SILKS</b> Progressive Course <b>TAZ</b>	7.30pm <b>INTER LYRA</b> 8 Wk Course <b>JACQUI</b>	7.30pm <b>ELITE PREP LYRA</b> 8 Wk Course <b>KARINA</b>	7.30pm <b>BEGINNER LYRA</b> Progressive Course <b>MEL L</b>	1pm - 2pm <b>PRACTICE TIME</b> (Bookings Essential)		
8.30pm <b>ADV PREP/ ADV SILKS</b> 8 Wk Course <b>TAZ</b>	8.30pm <b>BEGINNER LYRA</b> Progressive Course <b>JACQUI</b>	8.30pm <b>ELITE LYRA</b> 8 Wk Course <b>KARINA</b>	8.30pm <b>ADV TRENDING TRICKS</b> Lyra Tricks <b>MEL L</b>			