



TERM 5 BEGINNER FRIENDLY CLASSES

24th August - 18th October 2026

POLE & AERIAL DIVAS RINGWOOD

36 New St, Ringwood VIC 3134

Phone: 0401 805 337

Email: ringwood@poledivas.com.au

POLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30pm POLE MOVES Dance PEITA	6.30pm BEGINNER STATIC Progressive Course DENISE	5.30pm POLE MOVES Dance ROBYN	6.30pm BEGINNER SPIN Progressive Course MEL K	6.15am BOOT CAMP 45min Strength KYRA		10am STRETCH TECH Stretch OLIVE
5.30pm SPLITS INTENSIVE Stretch TIFF	7.30pm POLE MOVES Dance DENISE		7.30pm BEGINNER STATIC Progressive Course TBA	10am BEGINNER SPIN Progressive Course PEITA	10am BEGINNER SPIN Progressive Course TIFF	11am BEGINNER SPIN Progressive Course OLIVE
8.30pm BEGINNER SPIN Progressive Course TBA	7.30pm POLE CONDITIONING Strength (22/9 -13/10) LOLO		8:30pm POLE MOVES Dance MEL K	11am POLE MOVES Dance PEITA	12pm STRETCH TECH Stretch (Comp Space) MEL K	12pm POLE MOVES Dance OLIVE

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7.30pm BEGINNER SILKS Progressive Course SONIA	5.30pm BEGINNER LYRA Progressive Course KARINA			10.15am BEGINNER SILKS Progressive Course SONIA	10am BEGINNER LYRA Progressive Course BEC
7.30pm BEGINNER SILKS Progressive Course NICOLE	7.30pm AERIAL BASICS Tricks (6/10 & 13/10) MEL L	8.30pm INTRO TO CONTORTION Stretch MEL L	7.30pm BEGINNER LYRA Progressive Course BEC	11am BEGINNER LYRA Progressive Course MEL L		11am HULA HOOP Progressive Course RAE

FAQs

Courses vs Non Course Classes (AKA Casual Classes) - in a progressive course you will learn a structured syllabus, progressing through the levels (recommended min. 8 weeks). Casuals will upskill certain areas such as dance, strength and flex, they are open to all levels.

Cost - you have two options, sign up to a direct debit membership starting at \$32.50 a week for 1 Class Per Week, OR pay upfront starting at \$265 for an 8 Class Pass.

How to book - download the Groovio App, select Pole & Aerial Divas Ringwood and book accordingly from the "Book" tab (if you have a pass on your account) or scroll to "Packages" or "Memberships" if you want to purchase a pass.



Download the Groovio app to
book your classes & managing
your schedule!



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