

TERM 6 TIMETABLE

20th October - 14th December 2025

POLE DIVAS PRAHRAN

22 Cecil Pl, Prahran VIC 3181 Phone: 0481 288 153 Email: prahran@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11am BEGINNER STATIC 8 Week Course JESS			10am POLE CONDITIONING Casual Class GEORGIA	10am BEGINNER SPIN 8 Week Course LYSH
		12pm POLE MOVES Casual Class JESS			11am BEGINNER SPIN 8 Week Course GEORGIA	11am POLE MOVES Casual Class LYSH
		1pm SENSUAL FLOW Casual Class JESS			12pm WEEKS 1-4 BASEWORK WEEKS 5-8 POLE ACRO 8 Week Course GEORGIA	12pm INTER PREP STATIC 8 Week Course LYSH
3:30pm - 5:30pm PRACTICE TIME	3:30pm - 4:30pm PRACTICE TIME	3:30pm - 4:30pm PRACTICE TIME	3:30pm - 4:30pm PRACTICE TIME	4:00pm - 5:30pm PRACTICE TIME	1pm INVERSION THERAPY 8 Week Course ALEKS	1pm - 3pm PRACTICE TIME
5:30pm POLE MOVES Casual Class JESS	4:30pm POLE CONDITIONING Casual Class SYNAMON	4:30pm BEGINNER SPIN 8 Week Course ALEKS	4:30pm POLEOGRAPHY 8 Week Course PEITA	5:30pm BEGINNER SPIN 8 Week Course ROBYN	2pm POLE ROCK 8 Week Course ALEKS	
6:30pm ELITE PREP SPIN 8 Week Course JESS	5.30pm BEGINNER STATIC 8 Week Course SYNAMON	5:30pm INTER SPIN 8 Week Course ALEKS	5:30pm INTER SPIN 8 Week Course PEITA	6:30pm POLEOGRAPHY 8 Week Course ROBYN	3pm OPEN PRIVATE Casual Class ALEKS	
7:30pm FIERCE FLOW 8 Week Course JESS	6:30pm INTER PREP SPIN 8 Week Course BEX	6:30pm INTER STATIC 8 Week Course ALEKS	6:30pm ELITE PREP STATIC 8 Week Course PEITA	7:30pm INTER PREP SPIN 8 Week Course ROBYN	4pm - 5pm PRACTICE TIME	
8:30pm ELITE 8 Week Course JESS	7:30pm ADVANCED SPIN 8 Week Course BEX	7:30pm SENSUAL FLOW Casual Class ALI	7:30pm ADVANCED STATIC 8 Week Course PEITA			
	8:30pm STRETCH TECH Casual Class BEX	8:30pm OPEN PRIVATE Casual Class ALI	8:30pm - 9:30pm PRACTICE TIME			

Memberships

The best value and most convenient way to pay! Payments are direct debit fortnightly and memberships are ongoing until your decide to cancel.

1 CLASS PER WEEK | \$65 PER FORTNIGHT

2 CLASSES A WEEK | \$119 PER FORTNIGHT

3 CLASSES A WEEK | \$159 PER FORTNIGHT

4 CLASSES A WEEK | \$189 PER FORTNIGHT

Memberships of 2 or more classes per week include unlimited practice time.

DIAMOND DIVA MEMBERSHIPS | \$199 PER FORTNIGHT

Includes Unlimited Classes & Unlimited Practice Time (Subject to class availability, \$10 late cancellation fee applies)

Class Passes

Don't want to commit to a membership? No worries - choose this upfront payment option! You can use a Class Pass towards any of our courses or casual classes.

1 CLASS PASS | \$36 4 CLASS PASS | \$139 Valid 30 days from date of purchase Valid 6 months from date of purchase

8 CLASS PASS | \$265

Valid 6 months from date of purchase

16 CLASS PASS | \$480 Valid 6 months from date of purchase



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

