

# TERM 1 TIMETABLE

12<sup>th</sup> Jan - 8<sup>th</sup> March



## AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY	SUNDAY
10am <b>BEGINNER LYRA</b> Progressive Course Hanne		10am - 12pm PRACTICE TIME	10am <b>BEGINNER SILKS</b> Progressive Course Nichola		9am <b>STRETCH TECH</b> Stretch Risako	10am <b>AERIAL CONDITIONING</b> Strength Sophie
11am <b>INTERMEDIATE LYRA</b> 8 Week Course Hanne		10am - 12pm PRACTICE TIME	11am <b>SPLITS INTENSIVE</b> Stretch Nichola		10am <b>BEGINNER LYRA</b> Progressive Course Risako	11am <b>INTERMEDIATE LYRA</b> 8 Week Course Sophie
12pm <b>ADV PREP LYRA</b> 8 Week Course Hanne			12pm <b>INTER PREP SILKS</b> 8 Week Course Nichola		11am <b>ELITE LYRA</b> 8 Week Course Nichola	12pm - 1pm PRACTICE TIME
			1pm <b>OPEN PRIVATE</b> Tricks Nichola			
4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME		12pm <b>ADV PREP SILKS</b> 8 Week Course Nichola	1pm - 2pm PRACTICE TIME
5:30pm <b>BEGINNER SILKS</b> Progressive Course Nichola	5:30pm <b>INTERMEDIATE LYRA</b> 8 Week Course Alex	5:30pm <b>STRETCH TECH</b> Stretch Alex	5:30pm <b>ADV PREP LYRA</b> 8 Week Course Nichola		1pm <b>BEGINNER SILKS</b> Progressive Course Nichola	
7:30pm <b>INTERMEDIATE SILKS</b> 8 Week Course Nichola	6:30pm <b>ADVANCED LYRA</b> 8 Week Course Alex	6:30pm <b>BEGINNER SILKS</b> Progressive Course Sara	6:30pm <b>BEGINNER LYRA</b> Progressive Course Nichola		2pm <b>INTER PREP SILKS</b> 8 Week Course Nichola	
7:30pm <b>ELITE LYRA</b> 8 Week Course Nichola	7:30pm <b>BEGINNER LYRA</b> Progressive Course Alex	7:30pm <b>INTER PREP SILKS</b> 8 Week Course Sara	7:30pm <b>ADV - ELITE LYRA</b> <b>TRENDING TRICKS</b> Nichola		3pm - 4pm PRACTICE TIME	
8:30pm <b>ELITE PREP LYRA</b> 8 Week Course Nichola	8:30pm <b>ADVANCED PREP LYRA</b> 8 Week Course Alex	8:30pm <b>ADV PREP SILKS</b> 8 Week Course Sara	8:30pm <b>INTERMEDIATE LYRA</b> 8 Week Course Nichola			 Scan the QR code to get the app!

### 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 dance, strength and flex, they are open to all levels.

**Cost** - you have two options, sign up to a direct debit membership starting at \$65 a fortnight for 1 Class Per Week, OR pay upfront starting at \$265 for an 8 Class Pass.

**How to book** - download the Pole Divas app, select Richmond and book accordingly from the "Book" tab (if you have a pass on your account) or "Buy" if you want to purchase a pass. Go to "Autopays" to sign up to a membership.

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

### POLE & AERIAL DIVAS RICHMOND

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## POLE STUDIO

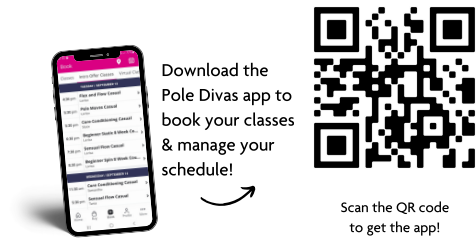
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am <b>SENSUAL FLOW / STRIP TEASE</b> Dance Gracie	10am <b>CORE CONDITIONING</b> Strength Jess	10am <b>BEGINNER SPIN</b> Progressive Course Lou	10am - 12pm PRACTICE TIME	10am <b>FLEX N FLOW / SENSUAL FLOW</b> Dance Jess	9am <b>INTER PREP STATIC</b> 8 Week Course Gabby	10am <b>INTERMEDIATE STATIC</b> 8 Week Course Anna
11am <b>STRETCH TECH</b> Stretch Gracie	11am <b>POLE MOVES STATIC</b> Dance Jess	11am <b>INTER PREP SPIN</b> 8 Week Course Lou	10am - 12pm PRACTICE TIME	11am <b>POLEOGRAPHY</b> 8 Week Course Dance Jess	10am <b>POLE MOVES STATIC</b> Dance Gabby	11am <b>STRETCH TECH</b> Stretch Anna
		12pm <b>INTERMEDIATE SPIN</b> 8 Week Course Lou			11am <b>BEGINNER STATIC</b> Progressive Course Reggie	12pm <b>ADVANCED SPIN &amp; STATIC COMPOSITE CLASS</b> 8 week Course Anna
4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4:30m <b>POLE MOVES STATIC</b> Dance Jess	4pm - 5:30pm PRACTICE TIME		12pm <b>INTER PREP SPIN</b> 8 Week Course Reggie	1pm - 2pm PRACTICE TIME
5:30pm <b>INTER PREP SPIN</b> 8 Week Course Angelique	5:30pm <b>SENSUAL FLOW / FIERCE FOUNDATIONS</b> 2 x 4 weeks Dance Jess	5:30pm <b>BEGINNER SPIN</b> Progressive Course Jess	5:30pm <b>INTERMEDIATE SPIN</b> 8 Week Course Bex		1pm <b>INTERMEDIATE SPIN</b> 8 Week Course Reggie	
6:30pm <b>POLE MOVES SPIN</b> Dance Angelique	6:30pm <b>BEGINNER STATIC</b> Progressive Course Jess	6:30pm <b>ELITE SPIN &amp; STATIC</b> 8 Week Course Jess	6:30pm <b>ELITE PREP STATIC</b> 8 Week Course Bex		2pm <b>FIERCE FLOW</b> 8 Week Course Reggie	
7:30pm <b>INTERMEDIATE STATIC</b> 8 Week Course Reggie	7:30pm <b>ADVANCED STATIC</b> 8 Week Course Jess	7:30pm <b>ELITE PREP SPIN</b> 8 Week Course Bex	7:30pm <b>SENSUAL FLOW</b> Dance Gabby		3pm - 4pm PRACTICE TIME	
8:30pm <b>BEGINNER SPIN</b> Progressive Course Reggie	8:30pm <b>INTER PREP STATIC</b> 8 Week Course Jess	8:30pm <b>ADVANCED SPIN</b> 8 Week Course Bex	8:30pm <b>BEGINNER STATIC</b> Progressive Course Gabby			

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