



POLE & AERIAL DIVAS MORNINGTON TERM 5 BEGINNER TIMETABLE

24th August - October 18th, 2026

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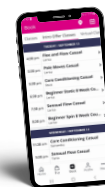
www.poledivas.com.au/mornington

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am POLE CONDITIONING Strength Casual Nichola	10:30am POLE MOVES Dance Casual Emma	5:30pm BEGINNER SPIN POLE Progressive Course Moni	6:20pm BEGINNER SILKS Progressive Course Nicole	5:30pm SENSUAL FLOW Dance Casual Emma Rose
10:30am BEGINNER SPIN POLE Progressive Course Nichola	5:30pm SENSUAL FLOW Dance Casual Emma	5:30pm POLE MOVES Dance Casual Emma	6:30pm BEGINNER STATIC POLE Progressive Course Laura	7:30pm POLE MOVES Dance Casual Emma Rose
5:20pm BEGINNER SILKS Progressive Course Katelyn	6:30pm POLE MOVES Dance Casual Emma	6:30pm BEGINNER LYRA Progressive Course Nicole	7:30pm POLE CONDITIONING Strength Casual Gracie	
5:30pm BEGINNER STATIC POLE Progressive Course Moni	7:30pm STRETCH TECHNIQUE Stretch Casual Ainslie	7:30pm BEGINNER SPIN POLE Progressive Course Moni	8:30pm BEGINNER SPIN POLE Progressive Course Laura	
6:30pm BEGINNER SPIN POLE Progressive Course Moni	8:30pm BEGINNER STATIC POLE Progressive Course Emma	7:30pm SENSUAL FLOW Dance Casual Emma		
8:30pm BEGINNER LYRA Progressive Course Katelyn				

HOW TO BOOK

Download the 'Groovio' app, find us, [Pole & Aerial Divas Mornington](#) and once your account is created hit the "BOOK NOW" button to see our schedule and book your classes, selecting your preferred payment option. [Start with our Intro Offer of 5 class for \\$49!](#)

Then our memberships are the best value option ongoing!



SCAN TO DOWNLOAD THE
DIVAS APP!

