



BEGINNER FRIENDLY CLASSES

TERM 5 - 2026

POLE & AERIAL DIVAS RICHMOND

Level 2/252 Church St, Richmond VIC 3121

Phone: 0427 230 337

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24th Aug - 18th Oct

POLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am SENSUAL FLOW / POLE ROCK Dance - Gracie	10am CORE CONDITIONING Strength Jess	10am BEGINNER SPIN Progressive Course Lou		10am FLEX & FLOW / CHAIROGRAPHY Dance Jess	9am BEGINNER STATIC Progressive Course Bre	
11am STRETCH TECH Stretch Gracie	11am POLE MOVES STATIC Dance - Jess				10am POLE MOVES STATIC Dance - Bre	11am STRETCH TECH Stretch Anna
	12pm BEGINNER STATIC Progressive Course Jess	4:30pm POLE MOVES STATIC Dance - Jess				
6:30pm POLE MOVES SPIN Dance Angelique	6:30pm BEGINNER STATIC Progressive Course Bre	5:30pm BEGINNER SPIN Progressive Course Jess	7:30pm SENSUAL FLOW Dance Gabby			
8:30pm BEGINNER SPIN Progressive Course Gabby	8:30pm LYRICAL POLE 25th Aug - 15th Sep 4 Week Course Bre		8:30pm BEGINNER STATIC Progressive Course Gabby			

AERIAL STUDIO

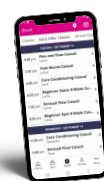
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
10am BEGINNER LYRA Progressive Course Hanne			10am BEGINNER SILKS Progressive Course Nichola	9am STRETCH TECH Stretch Risako	10am AERIAL CONDITIONING Strength Alex
			11am SPLITS INTENSIVE Stretch Nichola	10am BEGINNER LYRA Progressive Course Risako	
5:30pm BEGINNER SILKS Progressive Course Nichola		5:30pm STRETCH TECH Stretch Alex		2pm BEGINNER SILKS Progressive Course Sonia	
	7:30pm BEGINNER LYRA Progressive Course Alex	6:30pm BEGINNER SILKS Progressive Course Alex	6:30pm BEGINNER LYRA Progressive Course Nichola		

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 - We have two intro offers. 5 classes for \$50 over 14 days or 10 classes for \$99 over 21 days. After that, 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!



Scan the QR code to get the app!

www.poledivas.com.au/richmond