

TERM 6 TIMETABLE

20th Oct - 14th Dec



AERIAL STUDIO

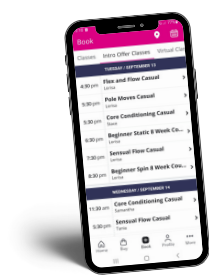
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY	SUNDAY
10am BEGINNER LYRA Progressive Course Hanne		10am - 12pm PRACTICE TIME	10am BEGINNER SILKS Progressive Course Nichola		9am STRETCH TECH Stretch Risako	10am AERIAL CONDITIONING Strength Sophie
11am INTERMEDIATE LYRA 8 Week Course Hanne		10am - 12pm PRACTICE TIME	11am SPLITS INTENSIVE Stretch Nichola		10am BEGINNER LYRA Progressive Course Risako	11am INTERMEDIATE LYRA 8 Week Course Sophie
			12pm OPEN PRIVATE Tricks Nichola		11am ELITE LYRA 8 Week Course Nichola	12pm - 1pm PRACTICE TIME
4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME		12pm ADV PREP SILKS 8 Week Course Nichola	1pm - 2pm PRACTICE TIME
5:30pm BEGINNER SILKS Progressive Course Nicole	5:30pm INTERMEDIATE LYRA 8 Week Course Alex	5:30pm STRETCH TECH Stretch Alex	5:30pm ADV PREP LYRA 8 Week Course Nichola		1pm BEGINNER SILKS Progressive Course Nichola	
7:30pm ADVANCED LYRA 8 Week Course Nicole	6:30pm ADVANCED PREP LYRA 8 Week Course Alex	6:30pm BEGINNER SILKS Progressive Course Alex	6:30pm BEGINNER LYRA Progressive Course Nichola		2pm INTER PREP SILKS 8 Week Course Nichola	
7:30pm ELITE PREP LYRA 8 Week Course Nicole	7:30pm BEGINNER LYRA Progressive Course Alex	7:30pm INTER PREP SILKS 8 Week Course Chantelle	7:30pm ADV - ELITE LYRA TRENDING TRICKS Nichola		3pm - 4pm PRACTICE TIME	
8:30pm ELITE LYRA 8 Week Course Nicole	8:30pm SHOWTIME 8 Week Dance Course Alex	8:30pm INTERMEDIATE SILKS 8 Week Course Chantelle	8:30pm INTERMEDIATE LYRA 8 Week 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 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!



Scan the QR code to get the app!

POLE & AERIAL DIVAS RICHMOND

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TERM 5 TIMETABLE

20th Oct - 14th Dec



POLE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am POLE ROCK 8 Week Course Dance Gracie	10am CORE CONDITIONING Strength Jess	10am BEGINNER SPIN Progressive Course Lou	10am - 12pm PRACTICE TIME	10am SENSUAL FLOW Dance Jess	9am BEGINNER STATIC Progressive Course Gabby	10am INTERMEDIATE STATIC 8 Week Course Anna
11am INT/ADV TRENDING TRICKS Tricks Gracie	11am POLE MOVES STATIC Dance Jess	11am INTER PREP SPIN 8 Week Course Lou	10am - 12pm PRACTICE TIME	11am POLEOGRAPHY 8 Week Course Dance Jess	10am INTER PREP STATIC 8 Week Course Gabby	11am STRETCH TECH Stretch Anna
		12pm INTERMEDIATE SPIN 8 Week Course Lou			11am POLE MOVES STATIC Dance Reggie/Gabby	12pm BOOTY 8 week Course Dance Anna
4pm - 5:30pm PRACTICE TIME	4pm - 5:30pm PRACTICE TIME	4:30m POLE MOVES STATIC Dance Jess	4pm - 5:30pm PRACTICE TIME		12pm INTER PREP SPIN 8 Week Course Reggie	1pm - 2pm PRACTICE TIME
5:30pm INTER PREP SPIN 8 Week Course Angelique	5:30pm POLEOGRAPHY 8 week Course Dance Jess	5:30pm BEGINNER SPIN Progressive Course Jess	5:30pm INTERMEDIATE SPIN 8 Week Course Bex		1pm INTERMEDIATE SPIN 8 Week Course Reggie	
6:30pm POLE MOVES SPIN Dance Angelique	6:30pm BEGINNER STATIC Progressive Course Jess	6:30pm ELITE SPIN & STATIC 8 Week Course Jess	6:30pm ELITE PREP STATIC 8 Week Course Bex		2pm FIERCE FLOW 8 Week Course Reggie	
7:30pm INTERMEDIATE STATIC 8 Week Course Reggie	7:30pm ADVANCED STATIC 8 Week Course Jess	7:30pm ELITE PREP SPIN 8 Week Course Bex	7:30pm SENSUAL FLOW Dance Gabby		3pm - 4pm PRACTICE TIME	
8:30pm BEGINNER SPIN Progressive Course Reggie	8:30pm INTER PREP STATIC 8 Week Course Jess	8:30pm ADVANCED SPIN 8 Week Course Bex	8:30pm BEGINNER STATIC Progressive Course Gabby			

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