



TERM 6 TIMETABLE

20th October - 21st December 2025

POLE & AERIAL DIVAS MORNINGTON

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DOWNSTAIRS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	9:30am INTER PREP / INTERMEDIATE STATIC 8 Week Course Zoe	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	9:00am POLE CONDITIONING Strength Zoe
	10:30am POLE CONDITIONING Strength Zoe				10-11am PRACTICE TIME BOOKING ESSENTIAL
	11:30am ADVANCED STATIC 8 Week Course Zoe				11:00am INTER PREP STATIC 8 Week Course Zoe
5:30pm ELITE SPIN 8 Week Course Emma Rose	12:30pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	6:30pm INTER PREP STATIC 8 Week Course Nana	5:30pm FIERCE FLOW (SHOWCASE) 8 Week Course Zoe	5:30pm INTER PREP SPIN 8 Week Course Emma Rose	12pm INTERMEDIATE STATIC 8 Week Course Zoe
6:30pm ELITE STATIC 8 Week Course Emma Rose	6:30pm ELITE PREP STATIC 8 Week Course Zoe		6:30pm ADVANCED STATIC 8 Week Course Lolo	6:30pm POLE MOVES Dance Emma Rose	
7:30pm POLE MOVES Dance Emma Rose			7:30pm ELITE PREP SPIN 8 Week Course Lolo		
8:30pm INTERMEDIATE SPIN 8 Week Course Emma Rose	8:30pm FIERCE FLOW (SHOWCASE) 8 Week Course Zoe	8:30pm PRACTICE TIME BOOKING ESSENTIAL	8:30pm ADVANCED SPIN 8 Week Course Lolo		

UPSTAIRS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am BEGINNER SPIN Progressive Course Zoe	11:30am BEGINNER STATIC Progressive Course Allira	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL	3pm - 8pm PRACTICE TIME BOOKING ESSENTIAL	9-10am PRACTICE TIME BOOKING ESSENTIAL
3pm - 5:30pm PRACTICE TIME BOOKING ESSENTIAL	12:30pm - 6:30pm PRACTICE TIME BOOKING ESSENTIAL				10:00am BEGINNER STATIC Progressive Course Zoe
5:30pm BEGINNER STATIC Progressive Course Moni					11-12:30pm PRACTICE TIME BOOKING ESSENTIAL
6:30pm BEGINNER SPIN Progressive Course Moni	6:30pm SENSUAL FLOW Dance Maddy	6:30pm INTER PREP SPIN 8 Week Course Moni	6:30pm BEGINNER STATIC Progressive Course Zoe		
7:30pm INTER PREP SPIN 8 Week Course Moni	7:30pm BEGINNER STATIC Progressive Course Zoe	7:30pm BEGINNER SPIN Progressive Course Moni	7:30pm POLE CONDITIONING Strength Zoe		
8:30pm PRACTICE TIME BOOKING ESSENTIAL					

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3-6:30pm PRACTICE TIME BOOKING ESSENTIAL	10:20am BEGINNER LYRA Progressive Course Nicole	3-5:30pm PRACTICE TIME BOOKING ESSENTIAL	3-6:20pm PRACTICE TIME BOOKING ESSENTIAL	3-5:30pm PRACTICE TIME OR STUDIO HIRE BOOKING ESSENTIAL	9am-12pm PRACTICE TIME BOOKING ESSENTIAL
	10 MIN BREAK				
	11:30am BEGINNER SILKS Progressive Course Nicole				
	12:30-5:15pm PRACTICE TIME BOOKING ESSENTIAL	5:30pm ADVANCED PREP LYRA 8 Week Course Nicole	6:20pm BEGINNER SILKS Progressive Course Taz	5:30pm INTER PREP SILKS 8 Week Course Nicole	
	5:15pm OPEN BEGINNER/ INTER TEEN SILKS Course Nichola			6:30pm INTERMEDIATE SILKS 8 Week Course Nicole	
	15 MIN BREAK		10 MIN BREAK		
6:30pm INTERMEDIATE LYRA 8 Week Course Katelyn	6:30pm ADVANCED PREP LYRA 8 Week Course Ainslie	6:30pm ADVANCED LYRA 8 Week Course Nicole			
7:30pm BEGINNER LYRA Progressive Course Katelyn	7:30pm STRETCH TECHNIQUE Stretch Ainslie	7:30pm ELITE LYRA 8 Week Course Nicole	7:30pm INTERMEDIATE LYRA 8 Week Course Taz	7:30pm ADVANCED SILKS 8 Week Course Nicole	
8:30pm ADVANCED LYRA 8 Week Course Katelyn	8:30pm ELITE PREP LYRA 8 Week Course Ainslie	8:30pm TRENDING TRICKS Tricks Nicole			