

SUMMER DANCE 2025

6th – 26th January

	MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY
	Studio 1	Studio 2.	Studio 1	Studio 2	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	
5pm		INTER 1 POLE DANCE & COMBOS (Liana)								
5.30pm			CASUAL OPEN POLE PRACTICE	BEGINNERS 2 POLE DANCE & COMBOS (Mya)	BURLYROCK (Ferri) <i>Open level</i> 2-weeks: 8 th & 15 th	BEGINNERS POLE DANCE & COMBOS (Amanda)			CASUAL OPEN POLE PRACTICE	
6pm	INTER 3 POLE DANCE & COMBOS (Liana)	AERIAL ADVENTURES with Natty <i>Open Advanced with pre-reqs</i>					BEGINNERS BURLESQUE (Kitty) 8 th Jan 15 th Jan		BEGINNERS 2 POLE DANCE & COMBOS (Amanda)	
6.30pm			FLOATING THROUGH TRANSITIONS <i>Inter 4 +</i> (Jaq)	BEGINNERS POLE DANCE & COMBOS (Carmen)	CHAIR TRICKERY (Justine) <i>Open level</i>	INTER 1 POLE DANCE & COMBOS (Susie)		INTER 4 POLE DANCE & COMBOS (Susie)		POLE CRAFT <i>Elite Pole</i> Private class
7pm	NEW BEGINNERS POLE TRIALS (Mya) 6 th Jan 13 th Jan 20 th Jan	LOW FLOW HEELS WORKSHOPS 6 th Jan EDGEWORK BASICS 13 th Jan LEGS, LINES & WAVES 20 th Jan TWIZZLES PRE-REQS: * 2 years heels exp					FLOOR FUCKERS (Amanda) 90mins CLOSED COURSE		SLUT DROP <i>Old school spin</i> (Amanda) <i>Inter 3+</i> 90mins CLOSED COURSE 2-weeks 9 th & 23 rd Jan ----- 16 th Jan WORKSHOP: BASEWORK WITH NATTY <i>Inter 1+</i>	

 BOTTOMS UP! DANCE, 3 PITT STREET, EAST BRUNSWICK 3057: bottomsupdance.com.au/info@bottomsupdance.com.au

FB: Bottoms Up Burlesque & Pole School / Insta: @bottomsupdance

		* Inter 3 pole level								
7.30pm			ADVANCED 1 POLE (Carmen)	FLUIDITY Pole Flow (Jaq) <i>Inter 1+</i>	FLOOR FLOW® (Jaq) <i>Open levels</i> 2-weeks: 8th & 22nd	INTER 2 POLE DANCE & COMBOS (Susie)		HAND & ELBOW STANDS WITH FI <i>Inter 1+</i>		
8pm	INTER 2 POLE DANCE & OMBOS (Liana)	LOW FLOW HEELS PRO (Jaq) 90mins CLOSED COURSE								
8.30pm			NOUGHTY POLE <i>Heels choreo 2000's</i> (Carmen) <i>Beginners 2+</i> 2-weeks: 14th & 21st	BEGINNERS POLE DANCE & COMBOS (Mya)	SLINK & SLAY Fierce floor (Jaq) <i>Open level with pre-reqs</i> 2-weeks: 8th & 22nd	STEEL STILETTOS Rock /Metal heels (Salem) <i>Inter 1+</i>	FILTHY FLOOR Level 1 (Amanda) <i>Open level with pre-reqs</i> "FLEXI CLASS"	INTER 3 POLE DANCE & COMBOS (Fiona)	SLUT' OGRAPHY <i>Old school Pole</i> <i>Open level</i> "FLEXI CLASS" 9 th Jan – Amanda 16 th – Salem 23 rd - Amanda	

	SATURDAY			SATURDAY
	Studio 1	Studio 2		Studio 2
10am		DYNAMIC HEELS FLOW (Natty) <i>Inter 1+</i>		1pm CASUAL OPEN POLE PRACTICE
11am	NEW TIME!! CASUAL FULL BODY STRETCH (Aleisha)	CASUAL POLE' OGRAPHY 1 <i>Beginners</i>		
12noon		CASUAL SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>		

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