

TERM ONE 2025

27th January – 23rd March

	MONDAY 7-weeks		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY
	Studio 1	Studio 2.	Studio 1	Studio 2	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	
4-30pm			CASUAL OPEN POLE PRACTICE						CASUAL OPEN POLE PRACTICE	
5pm		INTER 1 POLE (Liana)								
5-30pm			CASUAL OPEN POLE PRACTICE	BEGINNERS 2 (Mya)	BURLYROCK (Ferri) <i>Open level</i> 7-weeks	BEGINNERS BURLESQUE (Kitty) 4-weeks 29 Jan – 19 Feb			CASUAL OPEN POLE PRACTICE	
6pm	INTER 3 POLE (Liana)	AERIAL ADVENTURES with Natty <i>Open Advanced</i> <i>with pre-reqs</i>					FLOORWORK FOUNDATIONS (Amanda) <i>Open level</i>		BEGINNERS POLE (Amanda)	
6-30pm			FLOATING THROUGH TRANSITIONS (Jaq) <i>Inter 4 +</i>	BEGINNERS POLE (Carmen)	CHAIR TRICKERY (Justine) <i>Open level</i>	INTER 1 POLE (Susie)		INTER 4 POLE (Susie)		POLE CRAFT <i>Elite Pole</i> Private class
7pm	BEGINNERS POLE (Mya)	NEW COURSE! LOW FLOW HEELS (Jaq) PRE-REQS: * 2 years heels exp * Inter 3 pole level					FLOOR FUCKERS (Amanda) 90mins CLOSED COURSE		SLUT DROP <i>Old school spin</i> (Amanda) <i>Inter 3+</i> 90mins CLOSED COURSE	

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7.30pm			ADVANCED 1 POLE (Carmen)	FLUIDITY Pole Flow (Jaq) <i>Inter 1+</i>	FLOOR FLOW® (Jaq) <i>Open levels</i> 75min class	INTER 2 POLE (Susie)		BEGINNERS 2 POLE (Fiona) <i>Inter 1+</i>		
8pm	INTER 2 POLE (Liana)	LOW FLOW HEELS PRO (Jaq) 90mins CLOSED COURSE								
8.30pm			BEGINNERS POLE (Mya)	NOUGHTY POLE <i>Heels choreo</i> <i>2000's</i> (Carmen) <i>Beginners 2+</i>	8.45pm SLINK & SLAY Fierce floor (Jaq) <i>Open level with pre-reqs</i>	STEEL STILETTOS Rock /Metal heels (Salem) <i>Inter 1+</i>	FILTHY FLOOR (Amanda) <i>Open level with pre-reqs</i> "FLEXI CLASS"	INTER 3 POLE (Fiona)	SLUT' OGRAPHY <i>Old school Pole</i> <i>Open level</i> "FLEXI CLASS"	

	SATURDAY			SATURDAY	
	Studio 1	Studio 2		Studio 1	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>		2pm	CASUAL OPEN POLE PRACTICE
12noon		CASUAL SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>			