



Pure Pole
FITNESS & DANCE
ACADEMY

Term 1, 2012
Jan 9th - Mar 3rd

Bookings & Enquiries

Girlfriend Fun & Fitness:
♥ (07) 3252 7780 ♥
info@purepoleacademy.com

Timetable is subject to change at any time, based on instructor availability and other circumstances outside of our control. Some classes may be subject to minimum numbers of students. In the event that a block or prepaid class is cancelled by the studio, every attempt will be made to provide a make-up lesson opportunity.

Please see www.purepoleacademy.com/timetable for the most up to date class times.

All classes are open to males and females, unless otherwise specified. All ages are catered to, although under 16 year olds will require parental/guardian permission to attend.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2
	Morning		Morning		Morning		Morning		Morning		Morning	
9am - 10am	Mornings are available for private bookings		Mornings are available for private bookings		Mornings are available for private bookings		Mornings are available for private bookings		Mornings are available for private bookings		CHOREO CASUAL 9.15am. Beg 2 +	
10am - 11am											OPEN PRACTICE 9.15am. 45 mins	
	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
Noon - 1.00	Daytime is available for private one-on-one bookings		LUNCH EXPRESS 12.15pm Mixed Level Casual		OPEN PRACTICE 12.15pm		Daytime is available for private bookings		LUNCH EXPRESS 12.15pm Mixed Level Casual		OPEN PRACTICE 12.15pm. 45 mins	
1pm - 2pm			Daytime is available for private bookings		MOTHERS GROUP 1pm. 4 weeks. Bookings essential				Daytime is available for private bookings			
2pm - 5pm			Daytime is available for private bookings									
	Evening		Evening		Evening		Evening		Evening		Evening	
5.30 - 6.30	BEGINNERS 1 6pm. 8 weeks	BEGINNERS 2 6pm. 8 weeks	CASUAL 5.45pm All levels welcome	OPEN PRACTICE 5.45pm. 45 mins	BEGINNERS 2/3 5.45pm. 8 weeks	CASUAL 6.15pm No first timers	INTERMEDIATE 1 6pm. 8 weeks	INTERMEDIATE 2 6pm. 8 weeks	Evening is available for hens party and pole party bookings until 10pm		Evening is available for hens party and pole party bookings until 10pm	
6.30 - 7.30	INTERMEDIATE 1 7pm. 8 weeks	STRENGTH & CONDITIONING 7.15pm - 8pm. 8 weeks / Casual	CASUAL 6.45pm All levels welcome	E.R. Handspring Clinic 6.30pm. 4 weeks.	BEGINNERS 1 6.45pm. 8 weeks	CASUAL 7.15pm First timers only	CHOREO CASUAL 7.15pm Beg 2 +	SPIN CASUAL 7.15pm All levels welcome				
7.30 - 8.30	OPEN PRACTICE 8pm - 8.45pm	BEGINNER STRETCH 8pm - 8.45pm 8 weeks / Casual	INTERMEDIATE 2 7.30pm. 8 weeks	INTERMEDIATE 2 PLUS 7.30pm. 8 weeks Invitation Only	CIRCUS 7.45pm Weeks 1 - 4	FLOOR FLOW 7.45pm Weeks 5 - 8	PURE POLE PRODIGY Elite Competition and Performance Training Invitation Only					
8.30 - 9.30												