



Pure Pole
FITNESS & DANCE
ACADEMY

Holiday Timetable

Dec 12th - Jan 8th

Closed Dec 24th - Jan 1st

Bookings & Enquiries

Girlfriend Fun & Fitness:

♥ 0410 809 149 ♥

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			
10am - 11am	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		Mornings are available for private bookings			
11am - Noon														
	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch			
Noon - 1.00	Daytime is available for private one-on-one bookings		LUNCH EXPRESS 12.15pm <i>Mixed Level Casual</i>	OPEN PRACTICE 12.15pm	Daytime is available for private bookings		Daytime is available for private bookings		Daytime is available for private bookings		CASUAL 12.15pm. <i>All levels welcome</i>	OPEN PRACTICE 12.15pm. 45 mins		
1pm - 2pm			Daytime is available for private bookings								Daytime is available for private bookings		Daytime is available for private bookings	
2pm - 5pm			Daytime is available for private bookings								Daytime is available for private bookings		Daytime is available for private bookings	
	Evening		Evening		Evening		Evening		Evening		Evening			
5:30 - 6:30	CASUAL 6.15pm <i>All levels welcome</i>		CASUAL 5.45pm <i>All levels welcome</i>		CASUAL 6.15pm <i>No first timers</i>		CASUAL 6.15pm <i>All levels welcome</i>		OPEN PRACTICE 6.15pm. 45 mins		Evening is available for hens party and pole party bookings until 10pm			
6:30 - 7:30			OPEN PRACTICE 6.15pm. 45 mins				CASUAL 6.45pm <i>No first timers</i>		OPEN PRACTICE 6.45pm. 45 mins					
7:30 - 8:30	STRENGTH & CONDITIONING 7.15pm - 8pm. <i>Casual.</i>		BEGINNER STRETCH 7.30pm - 8.15pm <i>Casual</i>		CASUAL 7.15pm <i>First timers only</i>		OPEN PRACTICE 7.15pm. 45 mins		SPIN CASUAL 7.15pm <i>All levels welcome</i>					
8:30 - 9:30	BEGINNER STRETCH 8pm - 8.45pm <i>Casual</i>										Evening is available for hens party and pole party bookings until 10pm			
	OPEN PRACTICE 8pm. 45 mins													