

**POLE CATZ TWEED HEADS - TERM 3 TIMETABLE 8th APRIL 2024- 19th MAY 2024)**

**STUDIO 1**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						POLE FITNESS CASUAL / PRACTICE 9:00am - 10:00am
10AM		AVAILABLE FOR PRIVATE LESSONS OR STUDIO HIRE 10:00am - 12:00pm		AVAILABLE FOR PRIVATE LESSONS OR STUDIO HIRE 10:00am - 12:00pm		AVAILABLE FOR: PRIVATE LESSONS STUDIO HIRE HEN'S PARTIES BIRTHDAY PARTIES AND MORE 12pm - 9pm
11AM						
12PM						
1PM						
5PM						
6PM	BURLESQUE DANCE COURSE 6:00pm - 7:00pm	ADVANCED TWERK COURSE 6:30pm - 7:30pm		ADVANCED SEXY FLOW COURSE 6:30pm - 7:30pm		
7PM	HEELS DANCE COURSE 7:00pm - 8:00pm	BEGINNER TWERK COURSE 7:30pm - 8:30pm		PRE-ADVANCED POLE COURSE 7:30pm - 8:30pm		
8PM				LAPALICIOUS DANCE COURSE 8:30pm - 9:30pm		
9PM						

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**STUDIO 2**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						BEGINNER 1 & 2 POLE COURSE 9:00am - 10:00am
10AM		AVAILABLE FOR PRIVATE LESSONS OR STUDIO HIRE 10:00am - 12:00pm		AVAILABLE FOR PRIVATE LESSONS OR STUDIO HIRE 10:00am - 12:00pm		AVAILABLE FOR: PRIVATE LESSONS STUDIO HIRE HEN'S PARTIES BIRTHDAY PARTIES AND MORE 12pm - 9pm
11AM						
12PM						
1PM						
5PM		POLE FITNESS CASUAL / PRACTICE 5:30pm - 6:30pm				
6PM	BEGINNER 2 POLE COURSE 6:00pm - 7:00pm	BEGINNER 1 & 2 POLE COURSE 6:30pm - 7:30pm		INTERMEDIATE 1 POLE COURSE 6:30pm - 7:30pm		
7PM		GET FLOORED COURSE 7:30pm - 8:30pm		BEGINNER SEXY FLOW COURSE 7:30pm - 8:30pm		
8PM						
9PM						

Pole Catz Tweed Heads operates on NSW time. Classes run subject to bookings and minimum numbers.  
Management reserves the right to alter or change classes at any time.  
Bookings are essential for all classes and must be made the MINDBODY.