

Polecatz Term 3 2019 Time Table 8th April to 19th May 2019

Pole Catz Pole / Aerial Room										
	7am-8am	8am-9am	9am-10am	10am-11am	11am-12noon	4pm - 5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm
Monday			9.30am - 10.30am Pole Addicts Nicole	10.30am - 11.30am Stretch and Flex Nicole		Open Practice (Subject to Private bookings) 4pm - 5.30pm (Bookings must be at least 4 hours prior)	Tricks & Transitions 5.30pm - 6.30pm Nicole	Beginner 1 Nicole 6.30 - 7.30pm	Intermediate 2 7.30 - 8.30 Nicole	Mixed Aerial Ring/Tissue 8.30pm - 9.30pm Nicole
Tuesday							Pole Fit 6.00pm - 7.00pm Nicole	Intermediate 3 7.00pm - 8.00pm Nicole	Pole Flow Casual 8.00pm - 9.00pm Nicole	
Wednesday							Sexy Flow Course 5.30pm - 6.30pm Aurelie	Intermediate 1 6.30pm - 7.30pm Nicole	Advanced 7.30pm - 9pm Nicole	
Thursday							Pole Addicts Casual 5.30pm - 6.30pm Nicole	Pole Grooves All Level 6.30pm - 7.30pm Nicole	Beginner 2 7.30pm - 8.30pm	
Friday			Fly Gym (Flow) 9.30am - 10.30am ONLINE BOOKING	Lyra (Aerial Hoop) 10.30am - 11.30am						
Saturday		Fly Gym 8am - 9am Irene ONLINE BOOKING	STRETCH THERAPY 9.15am - 10am Irene	Open Training 10.15am - 11.30 am Irene				End of Year Grad Date TBC		
Fitness / Dance Room										
Monday								Pilates 6.30pm - 7.30pm Dan		
Tuesday	Studio Available for Hire during the day time hours from 6am to 4pm. Enquire to bookings@polecatz.com.au for Daily or Hourly Rate						Lap Dance 6.00pm - 7.00pm JEDDA JORDAN	Floorwork 7.00pm - 8.00pm JEDDA JORDAN		
Wednesday							TACFIT 5.45pm - 6.30pm Irene	Stretch Therapy 6.30pm - 7.30pm Irene		
Thursday										
Friday								Open for Private and Party packages!		
<p>All Class Bookings MUST be made through MIND BODY to secure your booking.                      All classes that do not have a minimum of 5 booked students will be CANCELLED.                      Please call 0468 35 CATZ if you have any questions or email bookings@polecatz.com.au</p>										

6 Week Course Class
  Casual Class
  Casual Class - \$15 Members/\$30 non members
  6 Week Course - \$180