

Pole Catz Term 3 2021 Time Table 12 April to 23 May 2021

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							Spin Pole Casual 5.30pm Summer	Beginner 1 6.30pm Natasha	Intermediate 1 7.30 Natasha	Pole Grooves (Choreography) 8.30pm
Tuesday			Pole Addicts 9.30am Nicole	Stretch and Flex 10.30am Nicole		Conditioning 4.45pm Nicole	Tricks & Transitions 5.30pm	Advanced 6.30pm Nicole	Beginner 2 7.30pm Richelle	Intermediate 1 8.30pm Richelle
Wednesday			Pilates 9.30am Jennifer	Yoga 10.30am Jennifer			Sexy Flow Course 5.30pm Aurelie	Intermediate 2 6.30pm Nicole	Intermediate 3 7.30pm Nicole	Lyra (Aerial Hoop) 8.30pm
Thursday				Beginner 1 10.00am Nicole	Pole Grooves All levels 11.00am		Pole Addicts Casual 5.30pm Nicole	Pole Grooves All Level 6.30pm Nicole	Pre Advanced 7.30pm Nicole	
Friday			Flygym 9.30am Irene	Stretch Therapy 10.30am Irene				Pole Addicts Casual 6.00pm Richelle		
Saturday			Pilates 9.00am Jenni	Open Training 10.00am - 11.30 am						
Fitness / Dance Room										
Monday								Heelates 6.30pm 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						Booty Werk 5.30pm Jennifer	Booty Bounce (Twerk) 6.30pm Jennifer	Floorwork 7.30pm Tash	
Wednesday							Stretch 5.45pm Jedda	Floorwork 6.30pm Jedda	Chairography 3 Wk Mini Course (Beg Apr 14 & May 5) 7.30pm Jedda	
Thursday							Booty Werk 5.30pm Jennifer	Burlesque 6.30pm Naomi	Stretch 7.30pm Naomi	
Friday							Open for Private and Party packages!			
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										

6 Week Course Class

Casual Class

Casual Class - \$10 Members

6 Week Course - \$180