

**TERM #4 TIMETABLE - MON 6TH JULY - SUN 30TH AUGUST**

P: 0439481959 E: [reception@dcpolefitness.com.au](mailto:reception@dcpolefitness.com.au) A: 61 Molle St, Hobart

W: [www.dcpolefitness.com.au](http://www.dcpolefitness.com.au) **BOOK ONLINE TODAY** or contact us to book :)

ATTEND CLASSES ONLINE VIA ZOOM FROM HOME OR IN PERSON AT THE STUDIO



**STUDIO ROOM #1 - BIG ROOM with 13 poles**

	MON	TUES	WED	THURS	FRI	SAT	SUN
DAY TIME	<b>Private lessons Parties or Studio Hire</b> Available outside class times	<b>Private lessons Parties or Studio Hire</b> Available outside class times	<b>Private lessons Parties or Studio Hire</b> Available outside class times	<b>Private lessons Parties or Studio Hire</b> Available outside class times		<b>Private lessons Parties or Studio Hire</b> Available outside class times	<b>1 - 3pm Sunday Sesh</b>  <b>Open Training</b>
5.30pm - 6.30pm	<b>Advanced Prep</b> (8 wk course) w/ Jess	<b>***BEGINNER***</b> (8 wk course) w/ Haidee	<b>Intermediate 1</b> (8 wk course) w/ Claire	<b>Advanced 1/ 2</b> (8 wk course) w/ Jess		<b>12-1pm Intermediate Spin Routine Course</b> (8 wk course) w/ Jess	<b>2pm till Late Private lessons Parties Studio Hire</b> Available
6.30pm - 7.30pm	<b>Intermediate 2/ 3</b> (8 wk course) w/ Jess	<b>Floor &amp; Basework</b> (casual class) w/ Haidee	<b>Pole Tricks</b> (casual class) w/ Bec	<b>***BEGINNER***</b> (8 wk course) w/ Claire		<b>1 - 2pm Pole Tricks</b> (casual class) w/ Jess	
7.30pm - 8.30pm	<b>Intermediate Prep</b> (8 wk course) w/ Claire	<b>7:45pm Flex and Stretch</b> (casual class) w/ Bec	<b>(studio troop) Diamonds of Polesque Training</b> w/Cherry Snow	<b>Hottie Hips &amp; Heels</b> (casual class) w/ Cherry Snow		<b>2:30pm till Late Private lessons Parties or Studio Hire</b>	
8.30pm - 9.30pm	<b>Private lessons Parties or Studio Hire</b>	<b>Private lessons Parties or Studio Hire</b>	<b>(studio troop) Diamonds of Polesque Training</b> w/ Cherry Snow	<b>Private lessons Parties or Studio Hire</b> Available outside class times			

**8 Wk Course level \$220**

**ADD A CASUAL CLASS BUNDLE! Super Special bundle savings**

(for use within the term) over 10 casual classes available weekly -learn more skills - fast track your progress

<p><b>WHITE</b> Diamond Bundle 8 x casual classes <b>\$130</b> Total with course = \$350 \$16 p/class</p>	<p><b>BLUE</b> Diamond Bundle 16 x casual classes <b>\$210</b> Total with course = \$430 \$13.10 p/class</p>	<p><b>YELLOW</b> Diamond Bundle 24 x casual classes <b>\$240</b> Total with course = \$460 \$10 p/class</p>	<p><b>PINK</b> Diamond Bundle Unlimited casual classes <b>\$320</b> Total with course = \$540 as low as \$4 p/class!</p>
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**8 WK POLE COURSE \$220-** (1hr class at same time per wk) 50% deposit non-refundable/transferable to book in via reception - remaining 50% due by the first class.

**ADD A CASUAL CLASS BUNDLE!** - Bundles can be paid within the first 4 wks of term- full payment if booking through website -casual classes expire at the end of the term.

**SPECIAL- DO A SECOND 8 wk COURSE IN THE SAME TERM FOR ONLY \$110 Half Price!** (2nd course must be the same or lower level) - available with other special offers for use on any remaining spots after full paying students. Payment due in full to book.

**POLE PT SESSIONS - NEW!!! \$60 p/session**

One of our Pole PT's will work out personalised functional training sessions and put you through your paces to reach your goals faster and stronger! Perfect for those finding inverting/straddling or other strength moves are holding them back and/or for those wanting to get in shape and or reach their goals fast!

**KEEP AN EYE OUT FOR OUR SPECIAL WORKSHOPS!** Dance, Burlesque, Doubles Pole, Twerking, Conditioning, Floor work etc..

**PLEASE ENQUIRE: PRIVATE WORKSHOPS: SCHOOL GROUPS: HENS PARTIES: BIRTHDAYS: CORPORATE: PERFORMANCE TROOP**

**RECEPTION HOURS** - MON - THURS 5.30pm - 8.30pm and SAT 12 - 3pm

**BOOK ONLINE ANYTIME** - using Paypal via our website [www.dcpolefitness.com.au](http://www.dcpolefitness.com.au). OR bank transfer, credit over the phone or cash/eft /Credit at the studio during reception hours.

**Terms and Conditions Apply** - Please see our website for full terms and conditions - [www.dcpolefitness.com.au](http://www.dcpolefitness.com.au)

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**STUDIO ROOM #2 - with 7 poles**

	MON	TUES	WED	THURS	FRI	SAT	SUN
DAY TIME	<b>Private lessons Parties or Studio Hire</b> Available outside class times Contact us for options/to book	<b>Private lessons Parties or Studio Hire</b> Available outside class times	<b>Private lessons Parties or Studio Hire</b> Available outside class times Contact us for options/to book	<b>Private lessons Parties or Studio Hire</b> Available outside class times Contact us for options/to book	<b>Private lessons Parties or Studio Hire</b> Available outside class times Contact us for options/to book	<b>12:pm - 1pm Open Training</b>  Practice time Not instructed	<b>1 - 3pm Sunday Sesh Open Training</b>  Practice time Not instructed
5.30pm - 6.30pm	<b>Open Training</b>  Practice time Not instructed	<b>Open Training</b>  Practice time Not instructed	<b>Fierce Flaunty Floor</b>  (8 wk course) w/ Bec	<b>Open Training</b>  Practice time Not instructed		<b>1 - 2pm *JUNIOR POLE FIT*</b> Ages 4 - 11yrs (casual class) <b>BOOKINGS ESSENTIAL!</b>	<b>1 - 3pm Sunday Sesh Open Training</b>  Practice time Not instructed
6.30pm - 7.30pm	<b>6:45pm Functional Fierceness</b> (casual class) w/ Shane	<b>Open Training</b>  Practice time Not instructed	<b>Open Training</b>  Practice time Not instructed	<b>Advanced Max</b> (8 wk course) w/ Bec		<b>2:30pm Private lessons Parties or Studio Hire</b> Available outside class times	<b>Private lessons Parties or Studio Hire</b>
7.30pm - 8.30pm	<b>7:45pm Hottie Hips &amp; Heels</b> (casual class) w/ Cherry Snow	<b>Open Training</b>  Practice time Not instructed	(studio troop) <b>Diamonds of Polesque Training</b> w/ Cherry Snow	<b>Open Training</b>  Practice time Not instructed			

**CASUAL CLASS PASSES**

1 pass - \$22

4 pass - \$80

8 pass - \$144

Unlimited - \$540

All above passes valid for the term purchased within expire last day of term

**INTRO 2 WK UNLIMITED PASS**

Only \$59!

Available to brand new students only - introductory offer valid 2 wks from purchase.



**CASUAL CLASSES** (All Beginner friendly :)

**POLE TRICKS\*\*** great for new BEGINNERS through to the most ADVANCED learn pole tricks, spins or a combo! Have a trick you have seen? Bring us a photo to learn it!

**KIDS POLE FIT\*\*** Same as Pole Tricks but for 4 - 11 yr olds **BOOKINGS ESSENTIAL!**

**FUNCTIONAL FIERCENESS\*\*** - Calisthenics for a killer core and full body Functional Strength includes circuit work + Gymnastic ring exercises.

**FLEX AND STRETCH\*\*** - Full body flex, stretching and strengthening for the entire body using active, static and other proven methods with focus on gaining the splits.

**HOTTIE HIPS AND HEELS\*\*** Dynamic choreo base work on and around the pole for 'wow factor' in heels! Can also be attended without heels. This class is for all levels but is challenging choreo

**FLOOR & BASEWORK\*\*** Floor and base work sequences around the pole including headstands, handstands, rolls and planches for use on and between poles! All levels.

**OPEN TRAINING** - non instructed practice sessions - only \$11 for course enrolled students or 1/2 a pass.

**STUDIO RECEPTION HOURS -**

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