

TERM #5 TIMETABLE - MON 31ST AUGUST - SUN 25TH OCTOBER

P: 0439481959 E: reception@dcpolefitness.com.au A: 61 Molle St, Hobart

W: 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	Private lessons Parties or Studio Hire Available outside class times	Private lessons Parties or Studio Hire Available outside class times	Private lessons Parties or Studio Hire Available outside class times	Private lessons Parties or Studio Hire Available outside class times		Private lessons Parties or Studio Hire Available outside class times	1 - 3pm Sunday Sesh Open Training
5.30pm - 6.30pm	Advanced Prep (8 wk course) w/ Jess	***BEGINNER*** (8 wk course) w/ Haidee	***BEGINNER*** (8 wk course) w/ Haidee	Advanced 1/ 2 (8 wk course) w/ Jess		12-1pm Intermediate Spin Routine Course (8 wk course) w/ Claire	2pm till Late Private lessons Parties Studio Hire Available
6.30pm - 7.30pm	Intermediate 2/ 3 (8 wk course) w/ Jess	Floor & Basework (casual class) w/ Haidee	Pole Tricks (casual class) w/ Jess	***BEGINNER*** (8 wk course) w/ Kelsey		1 - 2pm Pole Tricks (casual class) w/ Claire	
7.30pm - 8.30pm	7:45pm Hottie Hips & Heels (casual class) w/ Cherry Snow	Intermediate Prep/Int Level 1 (8 wk course) w/ Claire	(studio troop) Diamonds of Polesque Training w/Cherry Snow	Hottie Hips & Heels (casual class) w/ Cherry Snow		2:30pm till Late Private lessons Parties or Studio Hire	
8.30pm - 9.30pm	Private lessons Parties or Studio Hire	Private lessons Parties or Studio Hire	(studio troop) Diamonds of Polesque Training w/ Cherry Snow	Private lessons Parties or Studio Hire 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>WHITE Diamond Bundle 8 x casual classes \$130 Total with course = \$350 \$16 p/class</p>	<p>BLUE Diamond Bundle 16 x casual classes \$210 Total with course = \$430 \$13.10 p/class</p>	<p>YELLOW Diamond Bundle 24 x casual classes \$240 Total with course = \$460 \$10 p/class</p>	<p>PINK Diamond Bundle Unlimited casual classes \$320 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. OR bank transfer, credit over the phone or cash/eff /Credit at the studio during reception hours.

Terms and Conditions Apply - Please see our website for full terms and conditions - www.dcpolefitness.com.au

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STUDIO ROOM #2 - with 7 poles

	MON	TUES	WED	THURS	FRI	SAT	SUN
DAY TIME	Private lessons Parties or Studio Hire Available outside class times Contact us for options/to book	Private lessons Parties or Studio Hire Available outside class times	Private lessons Parties or Studio Hire Available outside class times Contact us for options/to book	Private lessons Parties or Studio Hire Available outside class times Contact us for options/to book	Private lessons Parties or Studio Hire Available outside class times Contact us for options/to book	12:pm - 1pm Open Training Practice time Not instructed	1 - 3pm Sunday Sesh Open Training Practice time Not instructed
5.30pm - 6.30pm	Open Training Practice time Not instructed	Open Training Practice time Not instructed	Open Training Practice time Not instructed	Open Training Practice time Not instructed		1:15 - 2pm *JUNIOR POLE FIT* Ages 4 - 11yrs (casual class) BOOKINGS ESSENTIAL!	1 - 3pm Sunday Sesh Open Training Practice time Not instructed
6.30pm - 7.30pm	6:45pm Functional Fierceness (casual class) w/ Shane	Open Training Practice time Not instructed	Open Training Practice time Not instructed	Advanced Max (8 wk course) w/ Bec		2:30pm Private lessons Parties or Studio Hire Available outside class times	Private lessons Parties or Studio Hire
7.30pm - 8.30pm	Intermediate Prep (8 wk course) w/ Claire	7:45pm Flex and Stretch (casual class) w/ Bec	(studio troop) Diamonds of Polesque Training w/ Cherry Snow	Open Training 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.



STUDIO RECEPTION HOURS -

MON - THURS 5.30pm - 8.30pm and SAT 12 - 3pm

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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 - great for increasing strength all over fast!

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 ½ a pass.

