

Term 1 2025

Commences 13 January

	Monday	Tuesday	Wednesday	Thursday
9:30am	Mixed Levels Pole*			
10:30am	Dance*			
5:45pm	Intermediate Pole*	Beginner Pole*	Strength* (6:00pm)	Advanced Open
6:45pm	Pre Advanced Pole	Advanced Pole	Pole Training	Dance
	Mixed Lyra			
7:45pm	Beginner Lyra	Elementary Pole	Dance	Pole Training
	Flex			

*indicates crèche is available for this class.

Class information & pricing

Term 1 kicks off on **Monday 13 January**, but we're making some adjustments to suit the busy holiday period:

Weeks 1 & 2 (13–26 January): Only Pole & Lyra Levels Classes (purple time slots) will run, exclusively for current students.

Week 3 (starting Tuesday, 28 January): All other classes, including Beginner Pole & Lyra, and add-on classes (pink time slots), will commence. (Note: Monday, 27 January is a public holiday.)

If you have any questions or need clarification, feel free to reach out!

Levels - Pole & Lyra

Our level based program caters for beginner students through to advanced students. As you become more advanced in your training, you will progress through the levels system: Beginner - Elementary - Intermediate - Pre Advanced - Advanced - Advanced Open.

Dance

Join us each term for a new routine. Learn fun choreography and performance skills while getting a great workout. Socks and knee pads are essential. Pole heels are recommended, but optional.

Strength

Each session focuses on functional movements and techniques that will improve your strength and help you reach your goals.

Pole Training

Got some tricks to work on? Join us for this weekly training session for some additional practice time. You must be enrolled in a levels class to enrol.

Flex

Enhance your mobility and flexibility in this stretch class designed to help you move and bend with ease.

Add on classes

Use these \$12 add on classes to enhance your training. These classes are Flex, Strength and Pole Training.

Private classes

Private classes can be arranged at the availability of our staff and studio. Privates are charged at \$60 for up to 2 people.

Pricing

Choose how to pay for your classes:

- Pay upfront at the time of booking, or
- Payment plan with weekly or fortnightly deductions over the 8-week term (a \$20 fee applies).

To set up a payment plan, go to <https://adorepole.com.au/how-to-book>

Fees

- Levels & Dance Classes:
 - 1 class per week: \$23
 - 2 classes per week: 15% off
 - 3 classes per week: 25% off
 - 4+ classes per week: Additional 5% off per class
 - Casual classes: \$25 each
- Add-on Classes:
 - \$12 per lesson
 - \$15 casually

Free Training

Throughout the term, we're offering 3 FREE Saturday morning training sessions! These are exclusive to students enrolled in a levels classes. Stay tuned for the dates!

What to Bring & Wear

- Pole Classes: Shorts and a comfortable top you can move in. Most importantly, wear what makes you feel comfortable and confident!
- Dance Classes: socks, knee pads, pole heels (if you have them)
- Lyra Classes: Full-length tights are highly recommended for comfort and protection.
- Packing Essentials: Drink bottle, towel and comfortable clothing for stretching, warm-ups and cool-downs.