

Term 3 2026

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Commences 11 May

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

*Indicates crèche is available

Pole Levels

Our structured Pole levels program supports students from complete beginners through to advanced students. Each level is designed to build strength, technique, confidence and flow. As you grow in your training, you will move through our levels system:

Beginner → Elementary → Intermediate → Pre Advanced → Advanced → Advanced Open.

Lyra Levels

Our Lyra levels program guides students from foundational skills through to advanced aerial combos. Each level focuses on developing strength, stability, coordination and fluid movement within and around the hoop. As you progress, you will move through our levels system: **Beginner → Intermediate → Advanced.**

Dance

Join us each term to learn a brand new routine and explore a different style or theme. In this class, you'll develop choreography retention, musicality, performance quality and flow — all while enjoying a dynamic full-body workout. Socks and knee pads are essential for comfort and fluid movement. Pole heels are completely optional.

Pole Training

Have tricks you're working towards or combinations you'd like to refine? This supervised weekly training session gives you dedicated time to practise, condition, and progress your skills in a supportive studio environment. Pole Training is designed to complement your levels classes and help accelerate your progress. Students must be enrolled in a levels class to attend.

Flex

Improve your mobility, flexibility, and active range of motion in this focused stretch and conditioning class. You'll work on safely increasing flexibility while strengthening and supporting your joints and muscles. This class is ideal for enhancing your splits, backbends, lines and overall movement quality. It complements both Pole and Lyra training beautifully.

Add on classes

Our \$12 Add-On classes are designed to enhance your training and support your progress. These include Flex and Pole Training. They are the perfect way to build extra strength, increase flexibility, and gain valuable practice time alongside your regular weekly classes.