

# Term 3 2025

Commences 5 May 2025

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

\*indicates crèche is available for this class.

## Class information & pricing

Term 3 kicks off on 5 May and runs until 29 June. Our 8 week term is action packed with so many class options available. If you are new to studio, try our beginners class to experience both Pole and Lyra.

### 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.

Please note: Monday 9 June is a public holiday and fees will be adjusted accordingly.

### 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 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.