adore
POLE & AERIAL

TERM 5

COMMENCES 31 AUGUST



	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Mixed Levels Pole*				
10:30am	Dance (Toni)*				
5:45pm	Pre Advanced Pole*	Intermediate Pole* Mixed Levels Lyra*	Stretch & Mobility (6:00pm)* Intermediate Lyra*	Advanced Open*	The Collective
6:45pm	Elementary Pole Advanced Lyra	Advanced Pole	Beginner Pole & Lyra	Dance (Emily)	
7:45pm	Aerial Training	Dance (Ebonie)	Dance (Ash)		

*Indicates crèche is available

POLE LYRA DANCE ADD ON CLASSES



Book your spot!

www.adorepole.com.au

adorepoleflow

Term Dates

31 Aug - 25 Oct

Beginners welcome

All ages (18+) All bodies All welcome

Class Fees

Standard Class	$25
2 classes per week	15% off
3 classes per week	25% off
4+ classes per week	additional 5% off
Casual classes	$27 each
Add on classes	$12 each
Private Classes	$60 each

Payment plans available to make training work for your budget.

Pole. Lyra. Dance. Strength. Flexibility. Community.

Train, progress and build confidence in a supportive, inclusive studio where every body is welcome.

NEW TO ADORE?

Start here!

- Beginner Pole & Lyra
- Mixed Levels Classes
- Dance Classes
- Add On Classes

ADD ON

- Aerial Training
- Stretch and Mobility
- The Collective

Dance, Add On & Mixed Level classes are open to all levels.

DANCE

- Monday - 10:30am
- Tuesday - 7:45pm
- Wednesday - 7:45pm
- Thursday - 6:45pm