

Term 5 2025

Commences 1 September 2025

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

*indicates crèche is available for this class.

Class information & pricing

Term 4 kicks off on 7 July and runs until 31 August, with our Showcase being held on 29 August at 7:00pm. Our 8 week term is action packed with so many class options available. If you are new to the studio, try our beginners class to experience both Pole and Lyra.

Levels - Pole & Lyra

Our levels based program supports your journey from beginner to advanced. As your training progresses you will move through: Beginner, Elementary, Intermediate, Pre-Advanced, Advanced, and Advanced Open. Mixed level classes are structured to support all levels.

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

This weekly training session is the perfect chance to get extra practice. Open to students currently enrolled in a levels class. Please note: this session is for refining tricks from your current level only - no new tricks will be taught.

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 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.