

# Term 6 2025

Commences 27 October 2025

|         | Monday               | Tuesday            | Wednesday             | Thursday       |
|---------|----------------------|--------------------|-----------------------|----------------|
| 9:30am  | Mixed Levels Pole*   |                    |                       |                |
| 10:30am | Dance (Toni)*        |                    |                       |                |
| 5:45pm  | Intermediate Pole*   | Mixed Levels Pole* | Strength*<br>(6:00pm) | Advanced Open* |
|         | Intermediate Lyra*   | Mixed Levels Lyra* |                       |                |
| 6:45pm  | Pre Advanced Pole    | Advanced Pole      | Pole Training         | Dance (Emily)  |
|         | Advanced Lyra        |                    |                       |                |
| 7:45pm  | Beginner Pole & Lyra | Dance (Ebonie)     | Dance (Ash)           | Flex           |

\*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.