



Term 2, 2018 19 March - 27 May 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am							ShowGirls
10:30am							Stretch & Flexibility
11:30am							Practice Time
12:00pm		Pole Jam					
1:00pm		Pole Tricks & Technique					
5:00pm		Prep Advanced 1 Pole	Intermediate 4 Pole	Pole Jam	Pole Jam	Practice Time	
6:00pm		Burlesque 2	Intermediate 1 Pole	Intermediate 3 Pole	Pole Tricks & Technique	Prep Advanced 1 Pole	
7:00pm		Chair Dance	Beginners Pole	Intermediate 2 Pole	Pole Jam	Chair Dance	
8:00pm		Prep Advanced 2 Pole	Stretch & Flexibility	Advanced Pole	Prep Advanced 1 Pole		
9:00pm		Intermediate 4 Pole	Burlesque 1	Beginners Pole	Intermediate 3 Pole		

Please Note: Classes are subject to change. ShowPony Pole & Burlesque will endeavour to inform all students of changes and provide a substitute or makeup class if and when available. **Missed classes MUST be caught up within the same term of the class missed. No classes or fees can be carried across terms.** Mini Terms / Workshops are run at the discretion of ShowPony Pole & Burlesque. They are not included in regular term fees and are not transferable across terms. **ALL SALES ARE FINAL. NO REFUNDS.**



Class Descriptions

Leveled classes - 10 week courses aimed at developing all round fitness, flexibility and strength. Must complete all levels and some multiple times.

Jam - Beginners and up - Learn a new pole routine each week

Fusion - Beginners and up - Learn a new routines each fortnight. Pole infused with various other dance styles

Sexy - Beginners and up - Learn a new sexy routine each week (floor/chair/pole)

Chair - Beginners and up - Learn a new chair dance routine each week

Overhaul - Beginners and up - Conditioning and toning all the things!

Stretch and Flex - Beginners and up - Get bendy for pole and burlesque! Back, shoulder, Splits, hips and overall flex development

Burlesque - Beginners and up - Learn a troupe style routine to perform in a style of burlesque

Burlesque Jam - Beginners and up - Learn a quickie routine in one class, focussing on one style of burlesque per class.

Showgirls - Advanced burlesque - Open to those who have completed 3 terms of burlesque

Floorwork - Beginners and up - Learn a sexy floor routine each week

STUDENTS CANNOT SKIP LEVELS - REGARDLESS OF DANCE/ FITNESS BACKGROUND. ALL LEVELS MUST COMPLETED AND LEVEL PROGRESSION IS AT THE DISCRETION OF SHOWPONY MANAGEMENT,

Terms & Conditions

Teachers and classes may be subject to change without notice. If a class is cancelled you may be asked to choose another class. ShowPony Pole & Burlesque takes all reasonable care in the conduct of its classes.

By entering our dance studio you agree that ShowPony Pole & Burlesque is in no way responsible for injury or loss caused during classes or whilst participants are at or near the studios.

CLASSES NEED MIN NUMBERS TO RUN AND MAY BE CANCELLED AT ANY TIME IF THESE NUMBERS AREN'T MET. We reserve the right to cancel classes at anytime. We will try to provide ample time and options for you to makeup the classes.

NO REFUNDS. NO CARRY OVERS BETWEEN TERMS. NO EXCEPTIONS!

If you want to move up from a level higher, you must book a grading with [Dallas Dee](#) to ascertain your level.

You must be 18yrs or over to participate in classes @ ShowPony Pole & Burlesque.