



Term 2, 16th MARCH - 24th MAY 2020

	Monday			Tuesday			Wednesday		
Time	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT
12:30	Beg/Int Pole Jam								
4:30pm	Practice (POLE ROOM)	Practice (NON POLE ROOM)		Practice (POLE ROOM)		Practice (LYRA ROOM)			
5:30pm	Pole Prep Advance 1			Pole Intermediate 4	PRIVATE BOOKING ONLY	Burlesque Jam	Pole Tricks & Technique		
6:30pm	Pole Intermediate 4		Lyra Flow Beginners	Pole Beginners	PRIVATE BOOKING ONLY	Chair Dance	Pole Intermediate 2	Stretch & Conditioning	Lyra Flow Intermediate
7:30pm	Pole Beginners	Heels Beginner	Lyra Trick Beginners	Pole Prep Advance 1	PRIVATE BOOKING ONLY	Stretch & Conditioning	Pole Prep Adv 2	Burlesque	Practice (LYRA ROOM)
8:30pm	Pole Intermediate 3	Heels Intermediate		Pole Intermediate 1	PRIVATE BOOKING ONLY	Handstands & Acro	Beg/Int Pole Jam	Showgirls	Lyra Tricks Intermediate
	Thursday			Friday			Saturday		
Time	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT
9:30am							Practice (POLE ROOM)	Stretch & Conditioning	
10:30am							Beg/Int Pole Jam	Practice (NON POLE ROOM)	Practice (LYRA ROOM)
11:30am									
12:30pm							Sunday		
4:30pm									Lyra Flow Beginners
5:30pm	Int/Adv Pole Jam			Practice (POLE ROOM)	Practice (NON POLE ROOM)	Practice (LYRA ROOM)	Practice (POLE ROOM)	Practice (NON POLE ROOM)	Lyra Tricks Beginners
6:30pm	Pole Intermediate 3	PRIVATE BOOKING ONLY	Advanced Floorwork	Beginner Pole Tricks & Technique			ADV Pole Tricks & Technique		
7:30pm	Int/Adv Pole Jam	PRIVATE BOOKING ONLY	Lyra Heels	Beg/Int Pole Jam					Lyra Tricks Int/Adv
8:30pm	Pole Intermediate 1	PRIVATE BOOKING ONLY	Lyra Flow Intermediate						

ALL SALES ARE FINAL. NO REFUNDS OR TRANSFERS NO EXCEPTIONS. WEEKENDS WHEN CLASSES ARE NOT RUNNING ARE OPEN FOR GROUP AND HENS PARTIES (BOOKING ESSENTIAL)

Term 1, 6th January - 15th March 2020

	Monday			Tuesday			Wednesday		
Time	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT
12:30	Beg/Int Pole Jam								
4:30pm	Practice (POLE ROOM)	Practice (NON POLE ROOM)		Practice (POLE ROOM)	Practice (NON POLE ROOM)				
5:30pm	Pole Prep Advance 1	Practice (NON POLE ROOM)		Pole Intermediate 4	Practice (NON POLE ROOM)		Pole Tricks & Technique	Practice (NON POLE ROOM)	
6:30pm	Pole Intermediate 4		Lyra Flow Beginners	Pole Prep Advance 1			Pole Intermediate 1	Stretch & Conditioning	Lyra Flow Intermediate
7:30pm	Pole Beginners	Heels	Stretch & Conditioning	Beg/Int Pole Jam			Pole Prep Advance 2	Burlesque	
8:30pm	Pole Intermediate 2	Chair Dance		Pole Beginners			Pole Intermediate 3	Showgirls	Lyra Tricks Beginners
	Thursday			Friday			Saturday		
Time	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT	CENTRE STAGE	STAGE RIGHT	STAGE LEFT
9:30am							Practice (POLE ROOM)	Stretch & Conditioning	
10:30am							Open Pole Jam	Practice (NON POLE ROOM)	
11:30am									
12:30pm									
5:30pm	Int/Adv Pole Jam	Practice (NON POLE ROOM)					Pole Tricks & Technique		
6:30pm	Pole Intermediate 3	Burlesque Jam	Flawless Floorwork				Practice (POLE ROOM)		Lyra Flow Beginners
7:30pm	Int/Adv Pole Jam	Heels Intermediate	Handstands & Acro						Lyra Tricks Int/Adv
8:30pm	Pole Intermediate 1		Lyra Tricks Intermediate						

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WEEKENDS WHEN CLASSES ARE NOT RUNNING ARE OPEN FOR GROUP AND HENS PARTIES (BOOKINGS ESSENTIAL)



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.

Class Descriptions

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

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

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

Stretch and Conditioning - 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, focusing on one style of burlesque per class.

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

Adv Pole Jam - Int 4 and up - Learn a new pole routine each week

Pole Tricks & Technique - Beginner and up - Learn new pole tricks and work on transitions between moves

Lyra Beginners - Tricks - Learn fun new tricks every week

- **Flow** - Learn a new Lyra routine every few weeks

Lyra Intermediate - Tricks - Learn harder tricks and work on your technique

- **Flow** - Learn more detailed and harder routines

Heels Beginner - Beginner and up - Learn a fast and sexy routine every week! Bring your dancing heels!

Heels Intermediate - A step up from beginners, in this class you learn more advanced choery and transitions

Handstands & Acro - Beginners and up - Learn the fundamentals of handstand and balances. This course will develop your core suitability, flexibility and strength.

****NEW CLASSES****

Heels Lyra - Our newest Lyra class! Bring your heels and learn a sexy routine every 3 week with tricky heel holds and fierce floorwork

Advanced Floorwork - Int 2 and up - Learn the newest floor moves and transitions, broken down and taught in a sexy routine.

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

Payments are to be paid if full at the time of booking

Membership payments are to be made on time - NO EXCEPTIONS

If there is continued failure to pay membership fees on time you will not be permitted to take part of the membership option.

Bonus classes are to be used between weeks 2 - 7 of the term. Bonus classes can not be moved once booked.

ALL SALES ARE FINAL. NO REFUNDS OR TRANSFERS NO EXCEPTIONS

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 any time. We will try to provide ample time and options for you to makeup the classes.

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.

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

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