



Timetable - Term 4

Starting week of 14th May 2018

Day	Ground Floor		1st Floor
	(6 Standard Poles)	(6 Tall Poles)	(4 Poles)
Monday	Beginners 1 (Level 1) 5.00pm - 6.00pm <i>AMANDA</i>	Beginners 3 (Level 3) 5.00pm - 6.00pm <i>JEM</i>	Solo Practice (Pre-req. Beg3) 5.00pm - 6.00pm
	Pole Conditioning (Pre-req. Beg1) 6.00pm - 7.00pm <i>JEM</i>		
	Intermediate 1 (Level 4) 7.00pm - 8.30pm <i>AMANDA</i>		Solo Practice (Pre-req. Beg3) 7.00pm - 8.00pm
Tuesday	Beginners 2 (Level 2) 5.30pm-6.30pm <i>SARAH</i>		Solo Practice (Pre-req. Beg3) 5.30pm - 6.30pm
	Advanced 3 (Level 9) 6.30pm - 8.00pm <i>JESS</i>	Beginners 1 (Level 1) 6.30pm - 7.30pm <i>JO</i>	Flex (Pre-req. Beg1) 6.30pm - 7.30pm <i>SARAH</i>
	Advanced 1 (Level 7) 5.30pm - 7.00pm <i>SARAH</i>		Solo Practice (Pre-req. Beg3) 6.00pm - 7.00pm
Wednesday	Elite 3 / Routines (Level 12) 7.00pm - 8.30pm <i>MARI</i>		
	Intermediate 2 (Level 5) 5.30pm -7.00pm <i>SARAH</i>		Solo Practice (Pre-req. Beg3) 6.00pm - 7.00pm
Thursday	Pole Flow (Pre-req. Inter 1 - Heels Optional) 7.00pm-8.00pm **From Week 2, starting Thurs 24 May** <i>MICKEY</i>		
	Pole Jam Session (All Levels - Enrolled Students Only) 9.00am - 10.00am <i>TBC</i>		
Saturday	Also available for Private Sessions, Pole Parties and Workshops on request Enquiries to dance@3dfitnessstudio.com.au or follow us on Facebook www.facebook.com.au/3dfitnessstudio		

PLEASE NOTE: 3D Fitness Studio reserves the right to change or cancel a course up to and including the date of the course if insufficient bookings have been received. In the event of a class or course being altered or cancelled every effort will be made to avoid inconvenience by offering alternative dates or times where it is possible and feasible to do so.

Full terms and conditions are available at: www.3dfitnessstudio.com.au/terms
For further course information or to book online visit www.3dfitnessstudio.com.au/bookings

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