



Term 1 2019 - 7th January 2019 to 17th March 2019

BOOK NOW!!

IMPORTANT:

50% Deposit is due at time of sign up, remaining fees are due by end of week 1

Early Bird discount when paying in FULL prior to upto 2 weeks before term starts (Monday 24th December 2018)

ALL SALES ARE FINAL. NO REFUNDS OR TRANSFERS NO EXCEPTIONS

| Time | Monday | | Tuesdays | | Wednesdays | | Thursdays | | Fridays | | Saturdays | | Sundays |
|---|--|-------------|--|----------------|----------------|-----------|--|-----------|--|-------------|----------------|--------------|--|
| | ROOM 1 | ROOM 2 | ROOM 1 | ROOM 2 | ROOM 1 | ROOM 2 | ROOM 1 | ROOM 2 | ROOM 1 | ROOM 2 | ROOM 1 | ROOM 2 | ROOM1/2 |
| 6:00am | | | | | Pole Jam | | | | | | | | OPEN FOR PRIVATES OR WORKSHOP TIME SLOT (BOOKINGS ESSENTIAL) |
| 7:00am | | | | | | | YOGA | | | | | | |
| 9:30am | OPEN FOR PRIVATES (BOOKINGS ESSENTIAL) | | OPEN FOR PRIVATES (BOOKINGS ESSENTIAL) | | | | OPEN FOR PRIVATES (BOOKINGS ESSENTIAL) | | OPEN FOR PRIVATES (BOOKINGS ESSENTIAL) | | | Conditioning | |
| 10:30am | | | | | | | | | | | Stretch & Flex | | |
| 11:30am | | | | | | | | | | | Practice | Showgirls | |
| 12:30pm | | Pole Jam | | | Pole Jam | | | | | | | Fusion | |
| 1:30pm | Tricks & Technique | | | | | | | | | | | | |
| 5:00pm | Prep Advance 1 | | INT 4 | | Choreo Tech | | Pole Jam | | Practice | | | | OPEN FOR PRIVATES (BOOKINGS ESSENTIAL) |
| 6:00pm | Adv Pole Jam | | Prep Advance 1 | Contemporary | INT 3 | Burlesque | INT 1 | Floorwork | Adv Pole Jam | | | | |
| 7:00pm | INT 2 | Chair Dance | INT 2 | Burlesque | INT 4 | Showgirls | Pole Jam | Heels | Tricks & Technique | Chair Dance | | | |
| 8:00pm | Prep Advance 2 | | Beginners | Stretch & Flex | Prep Advance 2 | | Pole Jam | Heels | | | | | |
| 9:00pm | INT 3 | | | | Prep Advance 1 | | | | | | | | |
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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

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 Dance - 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

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

Chorey Tech** NEW - Int1 & up - Build up your freestyle technique with a guided class. Learn how to break down and listen to music, how to hit a beat & grow your confidence with freestyle. Takes the pressure off performing in front of a crowd, at showcase, comps, gigs etc!!

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

50% Deposit is due at time of sign up, remaining fees are due by end of week 1.

Early Bird discount when paying in FULL prior to WEEK 1.

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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 make up 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!