



SYDNEY POLE  
**Summerfest**  
 Capalaba <sup>21</sup>

Fitness & Flexibility
Open Level Chorey/Dance
Specialty Tricks/Curriculum
Beginner/Free Trial

### Monday 20th December

6:30PM	CONTEMPORARY POLE <b>PHOEBE</b>	POLE PRAC
7:30PM	BATS, HANGBACKS & LEG HANGS T1/2 <b>PHOEBE</b>	LET'S GET BENDY <b>TIARNA</b>

### Tuesday 21st December

5:30PM	FREE POLE TRIAL <b>CHAR</b>	POLE PRAC
6:30PM	CHRISTMAS BOOT CAMP <b>CHAR</b>	ALL ABOUT AYESHAS & SHOULDER MOUNTS T5+ <b>ERIN</b>
7:30PM	DOUBLE TROUBLE <b>CHAR &amp; ERIN</b>	POLE PRAC

### Wednesday 22nd December

9:30AM	BADASS PILATES <b>TAMMY</b>	POLE PRAC
10:30AM	SPLITS N SHIT! T2+ <b>TAMMY</b>	POLE PRAC
6:30PM	SIGNATURE TRICKS T5+ <b>MATT</b>	POLE PRAC
7:30PM	BENDY BACK & SHOULDERS <b>MATT</b>	FREE POLE TRIAL <b>TIARNA</b>
8:30PM	DIRTY CHRISTMAS <b>MATT</b>	POLE PRAC

### Thursday 23rd December

6:30PM	XMAS POLE'TERNATIVE <b>TIARNA</b>	POWER YOGA <b>ERIN</b>
7:30PM	LYRA SPINS & COMBOS L1/2 <b>TIARNA</b>	SILLY SEASON <b>ERIN</b>

### Friday 24th December

9:30AM	TRICKS & COMBOS T1+ <b>TIARNA</b>	POLE PRAC
10:30AM	LYRA SPINS & COMBOS BEGINNER <b>TIARNA</b>	POLE PRAC
11:30AM	FREE POLE TRIAL <b>TIARNA</b>	POLE PRAC



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### Tuesday 28th December

5:30PM	FLIPS N SHIT! T5+ <b>RENEE</b>	POLE PRAC
6:30PM	HANDSTANDS & BALANCING <b>RENEE</b>	POLE PRAC
7:30PM	SEXY FLOORWORK <b>RENEE</b>	POLE PRAC

### Wednesday 29th December

9:30AM	BEGINNER SPIN <b>MAZ</b>	POLE PRAC
10:30AM	FREE POLE TRIAL <b>MAZ</b>	POLE PRAC
5:30PM	SIGNATURE TRICKS T5+ <b>MATT</b>	POLE PRAC
6:30PM	F**K THE FLOOR <b>MATT</b>	FREE POLE TRIAL <b>TIARNA</b>
7:30PM	ALL THINGS WAVY <b>MATT</b>	POLE PRAC

### Thursday 30th December

5:30PM	SPLITS N SHIT! T2+ <b>DONNA</b>	FREE POLE TRIAL <b>MAZ</b>
6:30PM	DOUBLE TROUBLE <b>MAZ &amp; DONNA</b> (RIKKASHAY)	POLE PRAC
7:30PM	HANDSTANDS & BALANCING <b>DONNA</b>	STREET HEELS & SASS <b>MAZ</b>

### Sunday January 2nd

9:00AM	TRICKS & COMBOS T1+ <b>TIARNA</b>	POLE PRAC
10:00AM	TRICKS & COMBOS T3+ <b>TIARNA</b>	POLE PRAC
11:00AM	POLE'TERNATIVE <b>TIARNA</b>	POLE PRAC
12:00PM	FREE POLE TRIAL <b>TIARNA</b>	POLE PRAC