



SYDNEY POLE
Summerfest
 Richmond ²¹

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

Monday 20th December

ROOM	FRONT ROOM	BACK ROOM	AERIAL ROOM
6PM	QUEEN B POLE BREE	POLE PRAC	LYRA PRAC
7PM	TRICKS & COMBOS T1+ BREE	POLE PRAC	LYRA PRAC
8PM	FREE POLE TRIAL BREE	POLE PRAC	LYRA PRAC

Tuesday 21st December

ROOM	FRONT ROOM	BACK ROOM	AERIAL ROOM
6PM	POLE PRAC	POLE PRAC	LYRA BEGINNERS THE METAL AERIALIST
7PM	POLE PRAC	POLE PRAC	LYRA GOES PUNK L1+ THE METAL AERIALIST
8PM	POLE PRAC	POLE PRAC	LYRA DROPS & ROLLS L2+ THE METAL AERIALIST

Wednesday 22nd December

ROOM	FRONT ROOM	BACK ROOM	AERIAL ROOM
5PM	FREE POLE TRIAL BREE	POLE PRAC	LYRA PRAC
6PM	TRICKS & COMBOS T3+ BREE	SEXY FLOORWORK MKAYLA	LYRA PRAC
7PM	QUEEN B POLE BREE	HOEDOWN POLEDOWN MKAYLA	LYRA PRAC
8PM	TRICKS & COMBOS T4+ BREE	ROCK & POLE MKAYLA	LYRA PRAC

Thursday 30th December

ROOM	FRONT ROOM	BACK ROOM	AERIAL ROOM
6PM	TRICKS & COMBOS T1+ BREE	POLE PRAC	LYRA PRAC
7PM	POLE'OGRAPHY BREE	POLE PRAC	LYRA PRAC
8PM	SPLITS, SPLITS, SPLITS! BREE	POLE PRAC	LYRA PRAC