

# SYDNEY POLE CAMPERDOWN

TERM 2 | MARCH 13 - MAY 21 | 2023

PLEASE CHECK THE SYDNEY POLE APP FOR LIVE TIMETABLE, PRACTICE TIMES & FURTHER CLASS INFO AS CHANGES MAY OCCUR  
LAST UPDATED: 21st March

10-WEEK  
BEGINNER POLE

FREE POLE TRIAL  
CLASS

CHOREOGRAPHY/DANCE  
OPEN LEVEL

FITNESS & FLEXIBILITY  
OPEN LEVEL

## MONDAY

	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
4:00pm		<b>POLE PRACTICE</b> 4pm - 5pm			
5:00pm	<b>VERTICAL PATHWAY T1+</b> Chloé	<b>POLE PRACTICE</b>	<b>POLE'OGRAPHY</b> Lucca Open	<b>10 WEEK BEGINNER POLE</b> Oryx	<b>POLE PRACTICE</b>
6:00pm	<b>BENDY B*TCHES</b> Chloé	<b>DANCE 5/6</b> Lorna	<b>POLE TECH 2</b> Lucca	<b>SHAPES &amp; TRICKS</b> Oryx Intermediate	<b>POLE TECH 4</b> Missy
7:00pm	<b>POLE TECH 6</b> Chloé	<b>STATIC POLE TRICKS</b> Lorna T5+	<b>POLE TECH 1</b> Lucca	<b>BAD B!TCH POLE</b> Oryx Intermediate	<b>DANCE 4</b> Missy
8:00pm	<b>FIERY SENSUAL POLE CHOREO</b> Chloé Intermediate	<b>POLE TECH 8</b> Lorna	<b>DANCE 1</b> Lucca	<b>SEXY FLOORWORK</b> Oryx Intermediate	<b>POLE TECH 5</b> Missy

## TUESDAY

	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
10:00am		<b>10 WEEK BEGINNER POLE</b> Ember Em	<b>POLE PRACTICE</b>		
11:00am		<b>PILATES</b> Ember Em Open	<b>POLE PRACTICE</b>		
12:00pm		<b>POLE TECH 2/3</b> Ember Em	<b>POLE PRACTICE</b>		
4:00pm			<b>FREE POLE TRIAL CLASS</b> Ashley		
5:00pm	<b>AERIAL HAMMOCK &amp; CONDITIONING</b> Luna	<b>POLE PRACTICE</b>	<b>BEGINNERS STATIC POLE</b> Ashley	<b>SPLITS CHALLENGE</b> Sylvia	<b>POLE PRACTICE</b>
6:00pm	<b>STRADDLESPIHERE (Pole &amp; Hammock)</b> T1+ Missy	<b>THE ART OF FLOW</b> Alessia T1+	<b>POLE TECH 8</b> Luna	<b>POLE TECH 5/6</b> Sylvia	<b>10 WEEK BEGINNER POLE</b> Jay

7:00pm	<b>HANDSTANDS &amp; ACRO</b> Missy	<b>DANCE 2</b> Alessia	<b>DANCE 7/8</b> Luna	<b>CONTEMPORARY POLE</b> Sylvia Open	<b>POLE TECH 1</b> Jay
8:00pm	<b>POLE TECH 2</b> Jay Jay	<b>THE ART OF FLOW</b> Alessia T1+	<b>POLE TECH 7</b> Luna	<b>PILATES</b> Sylvia	<b>DANCE 1</b> Ashley

### WEDNESDAY

	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
10:00am		<b>POLE PRACTICE</b>	<b>10 WEEK BEGINNER POLE</b> Ruby Soho		
11:00am		<b>POLE PRACTICE</b>	<b>POLE TECH 1</b> Ruby Soho		
5:00pm	<b>POLE TECH 1</b> Lucca	<b>FREE POLE TRIAL CLASS</b> Jessie	<b>F*CK THE FLOOR</b> Luna Open	<b>POLE PRACTICE</b>	<b>POLE PRACTICE</b>
6:00pm	<b>POLE'OGRAPHY</b> Lucca Open	<b>10 WEEK BEGINNER POLE</b> Ember Em	<b>POLE TECH 7/8</b> Luna	<b>DANCE 3</b> Lainie	<b>POLE PRACTICE</b>
7:00pm	<b>POLE TECH 3</b> Lucca	<b>POLE TECH 5/6</b> Ember Em	<b>XXX DANCE (T5+)</b> Luna	<b>EXOTIC POLE</b> Lainie Open	<b>POLE TECH 2</b> Miss Bec
8:00pm	<b>STRIP &amp; LAP DANCE</b> Lucca Open	<b>POLE'OGRAPHY</b> Ember Em Open	<b>POLE TECH 6/7</b> Luna	<b>SPLITS CHALLENGE</b> Lainie	<b>DANCE 2</b> Miss Bec

### THURSDAY

	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
4:00pm					
5:00pm	<b>FREE POLE TRIAL</b> Sacha	<b>POLE TECH 3</b> Lucca	<b>POLE TECH 2</b> Soph	<b>POLE PRACTICE</b>	
6:00pm	<b>BAD B!TCH POLE</b> Oryx Intermediate	<b>HARD ASS &amp; ABS</b> Ariana	<b>DANCE 3</b> Soph	<b>SPLITS CHALLENGE</b> Dorothy	<b>POLE TECH 4</b> Lucca
7:00pm	<b>SEXY FLOORWORK</b> Oryx Intermediate	<b>FREESTYLE FOUNDRY</b> Lucca Open	<b>10 WEEK BEGINNER POLE</b> Ruby Soho	<b>EXOTIC POLE</b> Dorothy Ji Intermediate	<b>DANCE 1</b> Ariana
8:00pm	<b>SHAPES &amp; TRICKS</b> Oryx Intermediate	<b>STRIP &amp; LAP DANCE</b> Lucca Open	<b>ROCK N' POLE</b> Ruby Soho Open	<b>RUSSIAN FLOW POLE</b> Dorothy Ji Intermediate	<b>POLE TECH 1</b> Ariana

FRIDAY					
	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
10am		POLE PRACTICE		10 WEEK BEGINNER POLE Grey Ace	
11am		POLE PRACTICE		SPLITS CHALLENGE Grey Ace	
12pm		POLE PRACTICE		POLE TECH 1 Grey Ace	
5:00pm	AERIAL HAMMOCK BEGINNERS Ernesto	POLE TECH 3 Denise Vidal	POLE TECH 2 Benjamin Butterfly	POLE PRACTICE	
6:00pm	AERIAL HAMMOCK INTERMEDIATE Ernesto	POLE TECH 1 Denise Vidal	SEXY POLE Benjamin Butterfly  Open	FLEXIBILITY & TONING Oryx	
7:00pm	DANCE 4 Benjamin Butterfly	FUNKY POLE Denise Vidal  Open	POLE PRACTICE	SEXY FLOORWORK Oryx  Intermediate	
8:00pm	POLE PRACTICE	POLE PRACTICE	POLE PRACTICE	BAD B!TCH POLE Oryx  Intermediate	

SATURDAY					
	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
9:00am	POLE PRACTICE	POLE PRACTICE	10 WEEK BEGINNER POLE Ariana	SASSY POLE Anez	POLE PRACTICE
10:00am	POLE TECH 4 Missy	FREE POLE TRIAL CLASS Sara H	POLE TECH 1 Ariana	POLE TECH 2 Cat H	EXOTIC POLE Lauren  Open
11:00am	BUTTERFLIES & AYESHAS Missy Tech 3+	90's POLE Sara H  Open	HARD ASS & ABS Ariana	DANCE 3 Cat H	DANCE 2 Lauren
12:00pm	FLEXIBILITY & TONING Missy	10 WEEK BEGINNER POLE Sara H	FREE POLE TRIAL CLASS Ariana	POLE TECH 3 Cat H	POLE PRACTICE

SUNDAY					
	HOLLYWOOD	WEST END	VEGAS	SUNSET	BROADWAY
10:00am	<b>AERIAL HAMMOCK &amp; CONDITIONING</b> Luna	<b>NAUGHTY NOUGHTIES</b> Ruby Soho	<b>POLE PRACTICE</b>	<b>POLE TECH 4/5</b> Sylvia	<b>POLE PRACTICE</b>
11:00am	<b>F*CK THE FLOOR</b> Luna Open	<b>ABSOLUTE BEGINNERS POLE DANCE</b> Ruby Soho Open	<b>POLE TECH 3</b> Soph	<b>CONTEMPORARY POLE</b> Sylvia Open	<b>POLE PRACTICE</b>
12:00pm	<b>CONTORTION</b> Luna	<b>10 WEEK BEGINNERS</b> Ruby Soho	<b>DANCE 1</b> Soph	<b>FLEXIBILITY &amp; TONING</b> Sylvia	<b>POLE PRACTICE</b>
1:00pm	<b>HARDSTYLE POLE CHOREO T1+</b> Luna	<b>POLE TECH 1</b> Ruby Soho	<b>POLE TECH 2</b> Soph	<b>POLE'OGRAPHY</b> Sylvia Open	<b>POLE PRACTICE</b>
2:00pm	<b>ADVANCED TRICKS &amp; COMBOS T5+</b> Luna	<b>POLE PRACTICE</b>	<b>POLE PRACTICE</b>		<b>POLE PRACTICE</b>
3:00pm	<b>POLE'TERNATIVE</b> Luna Open	<b>POLE PRACTICE</b>	<b>POLE PRACTICE</b>		<b>POLE PRACTICE</b>
4:00pm	<b>AERIAL HAMMOCK INTERMEDIATE</b> Luna				

WHICH CLASSES CAN I DO?
10 WEEK BEGINNER POLE are our beginner classes and are suitable for absolutely anyone starting their pole journey.
OPEN LEVEL CHOREOGRAPHY classes are open to everybody. Students of any tech level can attend. However, we recommend completing a Beginner Pole classes before trying these.
DANCE LEVELLED CLASSES one routine taught over 10-Week Term. Levelled Dance classes have specifically designed routines based on skills and tricks learned in tech level classes. You'll get an opportunity to perform this routine at the end of term!
OPEN FITNESS/FLEXIBILITY classes are open to everybody. Students of any tech level can attend. You can go to these classes at absolutely any time of the term.
PRACTICE is unsupervised studio time where you can work on the tricks you're learning in class! (no instructor, you should only practice tricks from the level you are attending) .