

TERM ONE 2024

29th January – 24th March 2024

	MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY
	Studio 1	Studio 2.	Studio 1	Studio	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	
5.30pm	BEGINNERS 2 POLE (Jemma)	INTER 1 POLE (Salem)	BEGINNERS 2 POLE (Jemma)	BEGINNERS POLE (Mya)					CASUAL OPEN POLE PRACTICE	
6.30pm	AERIAL ADVENTURES with Natty (Natty) <i>Open Advanced with pre-reqs</i>	BEGINNERS POLE (Mya)	INTERMEDIATE 2 POLE (Carmen)	FLOATING THROUGH TRANSITIONS <i>Inter 4 +</i> (Jaq)	FLOOR FLOW® Level 1 (Jaq) <i>Open levels</i>	INTERMEDIATE 1 POLE (Salem)	FLOORWORK FOUNDATIONS Level 1 (Amanda)	INTERMEDIATE 3 POLE (Fiona)	INTERMEDIATE 4 POLE (Amanda)	POLE CRAFT <i>Elite Pole Private class</i>
7.30pm	HEEL CAMP (Mya) ALL levels <i>4-wk course</i> 29 th Jan-19 th Feb 26 th Feb-18 th March	LOW FLOW HEELS (Jaq) <i>Inter 3+</i> <i>*90min class</i>	ADVANCED 1 POLE (Carmen)	FLUIDITY <i>Pole Flow Inter 1+</i> (Jaq)	FLOOR FLOW® Level 2 (Jaq) <i>Open level with FF experience & pre-reqs</i>	BEGINNERS POLE (Salem)	FLOOR FUCKERS Level 2 (Amanda)	POLE HAND & ELBOW STANDS (Fiona) <i>Inter 1+</i>	SLUT DROP <i>Old school spin pole</i> (Amanda) <i>Inter 3+</i>	
8.30pm	CASUAL POLE' OGRAPHY 1 (Mya)		NOUGHTY POLE <i>Heels choreo 2000's</i> (Carmen) <i>Beginners 2+</i>	BEGINNERS POLE (Jemma)	SLINK & SLAY <i>Fierce floor</i> (Jaq) <i>Open level with pre-reqs</i>	STEEL STILETTOS <i>Rock/Metal Heels Choreo</i> (Salem) <i>Inter 1+</i>	FILTHY FLOOR Level 1 (Amanda) <i>Open level with pre-reqs</i>	BEGINNERS 2 (Fiona)	SLUT' OGRAPHY <i>Old school Pole</i> (Amanda) <i>Open level</i>	

 BOTTOMS UP! DANCE, 3 PITT STREET, EAST BRUNSWICK 3057: bottomsupdance.com.au/info@bottomsupdance.com.au
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	SATURDAY	
	Studio 1	Studio 2
10am	CASUAL FULL BODY STRETCH (Aleisha/Them Fatale)	DYNAMIC HEELS FLOW (Natty) <i>Inter 1+</i>
11am	CASUAL CASUAL BURLESQUE (Justine)	CASUAL POLE' OGRAPHY 1 <i>Beginners</i>
12noon	CASUAL CHAIR'OGRAPHY (Justine) <i>Open level</i>	CASUAL SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>
1pm	CHAIR TRICKERY (Justine) <i>Open level</i>	CASUAL OPEN POLE PRACTICE

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TERM ONE CASUAL CLASS TIMETABLE

	MONDAY Studio 1	THURSDAY Studio 2	SATURDAY Studio 1	SATURDAY Studio 2
10am			FULL BODY STRETCH (Them Fatale/Aleisha)	
11am			CASUAL BURLESQUE (Justine)	POLE'OGRAPHY 1 <i>Beginners</i> (Mya)
12noon			CHAIR'OGRAPHY (Justine)	SPIN POLE'OGRAPHY 2 <i>Beginners 2+</i> (Mya)
1pm				OPEN POLE PRACTISE
5.30pm		OPEN POLE PRACTISE		
8.30pm	POLE'OGRAPHY 1 <i>Beginners</i> (Various)			

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