

# SUMMER DANCE

8<sup>th</sup> 28<sup>th</sup> January 2024

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY		FRIDAY
		Studio 1	Studio 2.	1 Pitt St	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	
5.30pm												CASUAL OPEN POLE PRACTICE	
6.30pm	Monday 8 <sup>th</sup> January STUDIO 1  EGSON HAM WORKSHOPS	15 <sup>th</sup> & 22 <sup>nd</sup> INTER 1 (Jemma)	AERIAL ADVENTURES with Natty (Natty) Open Advanced with pre-reqs	15 <sup>th</sup> & 22 <sup>nd</sup> CASUAL BURLESQUE (Justine) Open level	NEW BEGINNERS TRIAL CLASS (Carmen)	FLOATING THROUGH TRANSITIONS Inter 4 + (Jaq)	FEATHERED FANS (Bella) Open level	ROLLING, ROLLING, ROLLING 3-wk intensive workshop (Jaq) ALL levels	INTER 1 REVISION & COMBOS (Jemma)	FILTHY FLOOR (Amanda) Open level with pre-reqs	POLE HANDSTANDS (Fiona) Inter 1+	18 <sup>th</sup> & 25 <sup>th</sup> UNDERSTANDING YOUR INVERTS (Amanda) Open level	POLE CRAFT Elite Pole Private class
7.30pm	6.30-8pm BOYLESQUE Open level  ---  8pm- 9.30pm	15 <sup>th</sup> & 22 <sup>nd</sup> BEGINNERS SYLLABUS REVISION (Amanda/ Mya)	LOW FLOW HEELS (Jaq) Inter 3+	15 <sup>th</sup> & 22 <sup>nd</sup> CASUAL CHAIR 'OGRAPHY (Justine)	ADVANCED 1 POLE (Carmen)	FLUIDITY Pole Flow Inter 1+ (Jaq)	S.T.R.U.T. (Bella) Intermediate	FLOOR FLOW® (Jaq) Open level	INTER 2 REVISION & COMBOS (Salem)	FLOORWORK FOUNDATIONS Level 2 (Amanda)	INTER 3 REVISION & COMBOS (Fiona)	18 <sup>th</sup> & 25 <sup>th</sup> SLUT DROP Old school spin pole (Amanda) Inter 3+	
8.30pm		15 <sup>th</sup> & 22 <sup>nd</sup> SPIN POLE' OGRAPHY 2 Beginners 2+ (Amanda/ Mya)	BEGINNERS 2 SYLLABUS REVISION (Jemma)	15 <sup>th</sup> & 22 <sup>nd</sup> BURLYROCK (Ferri) Open level	NOUGHTY POLE Heels choreo 2000's (Carmen) Beginners 2+	BEGINNERS SYLLABUS REVISION (Jemma)	SLOW, SENSUAL & SLUTTY (Kitty) Open level	SLINK & SLAY Fierce floor (Jaq) Open level with pre-reqs	STEEL STILETTOS Rock/Metal Heels Choreo (Salem) Open level	LAP DANCE (Amanda) Open level	BEGINNERS 2 REVISION & COMBOS (Fiona)	18 <sup>th</sup> & 25 <sup>th</sup> SLUT' OGRAPHY Old school Pole (Amanda) Open level	

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	SATURDAY	
	Studio 1	Studio 2
10am	<b>CASUAL</b> FULL BODY STRETCH	<b>DYNAMIC HEELS FLOW</b> (Natty) <i>Inter 1+</i>
11am	<b>CASUAL</b> CASUAL BURLESQUE (Justine)	<b>CASUAL</b> POLE' OGRAPHY 1 <i>Beginners</i>
12noon	<b>CASUAL</b> CHAIR' OGRAPHY (Justine) <i>Open level</i>	<b>CASUAL</b> SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>
1pm		<b>CASUAL</b> OPEN POLE PRACTICE

<b>STUDIO 1:</b>		<b>STUDIO 2:</b>	<b>1 PITT STREET</b>
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# SUMMER DANCE

## POLE & DANCE

8<sup>th</sup> 28<sup>th</sup> January '24

	MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
	Studio 1.	Studio 2	Studio 1.	Studio 2		Studio 1.	Studio 2		
10am									DYNAMIC HEELS FLOW <i>Open level</i> (Natty)
11am									CASUAL POLE'OGRAPHY 1 <i>Beginners</i>
12noon									CASUAL SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>
1pm									CASUAL OPEN POLE' PRACTICE
5.30pm							CASUAL OPEN POLE' PRACTICE		
6.30pm	15 <sup>th</sup> & 22 <sup>nd</sup> INTER 1 (Jemma)	AERIAL ADVENTURES with Natty (Natty) Advanced	NEW BEGINNERS TRIAL CLASS (Carmen)	FLOATING THROUGH TRANSITIONS (Jaq) <i>Inter 4 +</i>	INTER 1 REVISION & COMBOS (Jemma)	POLE HANDSTANDS (Fiona) <i>Inter 1+</i>	18 <sup>th</sup> & 25 <sup>th</sup> UNDERSTANDING YOUR INVERTS (Amanda) <i>Open level</i>	POLE CRAFT <i>Elite Pole</i> Private class	

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7.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> BEGINNERS SYLLABUS REVISION (Amanda/ Mya)	<b>LOW FLOW HEELS</b> (Jaq) <i>Inter 3+</i>	<b>ADVANCED 1 POLE</b> (Carmen)	<b>FLUIDITY</b> <i>Pole Flow</i> (Jaq) <i>Inter 1+</i>	<b>INTER 2 REVISION &amp; COMBOS</b> (Salem)	<b>INTER 3 REVISION &amp; COMBOS</b> (Fiona)	<b>18<sup>th</sup> &amp; 25<sup>th</sup></b> <b>SLUT DROP</b> <i>Old school spin pole</i> (Amanda) <i>Inter 3+</i>		
8.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>CASUAL</b> SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i> (Amanda/ Mya)	<b>BEGINNERS 2 SYLLABUS REVISION</b> (Jemma)	<b>NOUGHTY POLE</b> <i>Heels Choreo 2000's</i> (Carmen) <i>Beginners 2+</i>	<b>BEGINNERS SYLLABUS REVISION</b> (Jemma)	<b>STEEL STILETTOS</b> <i>Rock/Metal Heels</i> <i>Choreo</i> (Salem) <i>Open level</i>	<b>BEGINNERS 2 REVISION &amp; COMBOS</b> (Fiona)	<b>18<sup>th</sup> &amp; 25<sup>th</sup></b> <b>SLUT' OGRAPHY</b> <i>Old School Pole</i> (Amanda) <i>Open level</i>		

# SUMMER DANCE BURLESQUE & FLOOR

8<sup>th</sup> 28<sup>th</sup> January '24

	MONDAY Studio 1	MONDAY 1 Pitt St	TUESDAY 1 Pitt St	WEDNESDAY Studio 1. 1 Pitt St		SATURDAY Studio 1
10am						<b>CASUAL</b> FULL BODY STRETCH (Them Fatale)
11am						<b>CASUAL</b> CASUAL BURLESQUE (Justine)
12noon						<b>CHAIR 'OGRAPHY</b> (Justine) <i>Open level</i>
6.30pm	<b>Monday</b> 8 <sup>th</sup> January  <b>EGSON HAM</b> <b>WORKSHOPS!</b>  6.30-8pm <b>BOYLESQUE</b> <i>Open level</i>  8pm-9.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>CASUAL</b> <b>BURLESQUE</b> (Justine) <i>Open level</i>	<b>FEATHERED</b> <b>FANS</b> (Bella) <i>Open level</i>	<b>ROLLING, ROLLING, ROLLING</b> <b>3-wk intensive workshop</b> (Jaq) <i>ALL levels</i>	<b>FILTHY FLOOR</b> (Amanda) <i>Open level with pre-reqs</i>	
7.30pm		<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>CASUAL</b> <b>CHAIR'OGRAPHY</b> (Justine) <i>Open level</i>	<b>S.T.R.U.T.</b> (Bella) <i>Intermediate</i>	<b>FLOOR FLOW®</b> (Jaq) <i>Open level</i>	<b>FLOORWORK</b> <b>FOUNDATIONS</b> <b>Level 2</b> (Amanda)	
8.30pm		<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>BURLYROCK</b> (Ferri) <i>Open level</i>	<b>SLOW, SENSUAL</b> <b>&amp; SLUTTY</b> (Kitty) <i>Open level</i>	<b>SLINK &amp; SLAY</b> Fierce floor (Jaq) <i>Open level with pre-reqs</i>	<b>LAP DANCE</b> (Amanda) <i>Open level</i>	

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# SUMMER DANCE CASUAL CLASSES

8<sup>th</sup> - 28<sup>th</sup> January 2024

	MONDAY 1 Pitt St	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> (Various)
12noon					SPIN POLE'OGRAPHY 2 <i>Beginners 2+</i> (Various)
1pm					OPEN POLE PRACTISE
5.30pm			OPEN POLE PRACTISE		
6.30pm	15 <sup>th</sup> & 22 <sup>nd</sup> BURLESQUE (Justine) <i>Open level</i>				
7.30pm	15 <sup>th</sup> & 22 <sup>nd</sup> CHAIR'OGRAPHY (Justine) <i>Open level</i>				
8.30pm		15 <sup>th</sup> & 22 <sup>nd</sup> SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i> (Amanda/Mya)			

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