

TERM FOUR 2024

22nd July – 15th September

Please note new times for some classes

	MONDAY -		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY
	Studio 1	Studio 2.	Studio 1	Studio 2	Studio 1	Studio 2	1 Pitt St	Studio 1	Studio 2	
5pm	BEGINNERS 2 POLE (Susie)	INTER 1 POLE (Liana)								
5.30pm			CASUAL OPEN POLE PRACTICE	BEGINNERS 2 POLE (Mya)	BURLYROCK (Ferri) <i>Open level</i> <i>*show prep</i>			CASUAL OPEN POLE PRACTICE		
6pm	INTER 3 POLE (Liana)	AERIAL ADVENTURES with Natty <i>Open Advanced with pre-reqs</i>					SLOW, SENSUAL & SLUTTY (Kitty) <i>Open levels</i> <i>*show prep</i>		INTER 4 POLE (Amanda)	
6.30pm			FLOATING THROUGH TRANSITIONS <i>Inter 4 + (Jaq)</i>	INTER 2 POLE (Carmen)	FLOOR FLOW® Level 1 (Jaq) <i>Open levels</i>	INTER1 POLE (Salem)		INTER 3 POLE (Fiona)		POLE CRAFT <i>Elite Pole Private class</i>
7pm	BEGINNERS POLE (Mya)	INTER 2 POLE (Liana)					FLOOR FUCKERS Level 2 (Amanda) 90mins <i>*show prep</i>		SLUT DROP <i>Old school spin pole (Amanda) Inter 3+ 90mins</i> <i>*show prep</i>	
7.30pm			ADVANCED 1 POLE (Carmen)	FLUIDITY Pole Flow (Jaq) <i>Inter 1+ *show prep</i>	FLOOR FLOW® Level 2 (Jaq) <i>Open level with FF experience *show prep</i>	BEGINNERS POLE (Salem)		BEGINNERS 2 POLE (Fiona)		

 BOTTOMS UP! DANCE, 3 PITT STREET, EAST BRUNSWICK 3057: bottomsupdance.com.au/info@bottomsupdance.com.au

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8pm	HOT SUGAR POLE DANCE (Mya) <i>Beginners & New Beginners</i>	LOW FLOW HEELS (Jaq) <i>Inter 3+</i> 90mins <i>*show prep</i>								
8.30pm			NOUGHTY POLE <i>Heels choreo 2000's</i> (Carmen) <i>Beginners 2+</i> <i>*show prep</i>	BEGINNERS POLE (Mya)	SLINK & SLAY <i>Fierce floor</i> (Jaq) <i>Open level with pre-reqs</i>	STEEL STILETTOS <i>Rock /Metal heels</i> (Salem) <i>Inter 1+</i> <i>*show prep 7-wks</i>	FILTHY FLOOR Level 1 (Amanda) <i>Open level with pre-reqs</i>	CASUAL POLE CONDITIONING (Fiona)	SLUT' OGRAPHY <i>Old school Pole</i> (Amanda) <i>Open level</i>	

	SATURDAY	
	Studio 1	Studio 2
10am	CASUAL FULL BODY STRETCH (Aleisha)	DYNAMIC HEELS FLOW (Natty) <i>Inter 1+</i> <i>*show prep</i>
11am	CASUAL CASUAL BURLESQUE (Justine)	CASUAL POLE' OGRAPHY 1 <i>Beginners</i>
12noon	NEW! CONTEMPORARY (Saint) <i>Open level</i>	CASUAL SPIN POLE' OGRAPHY 2 <i>Beginners 2+</i>
1pm	NEW! COMMERCIAL HEELS (Saint) <i>Open level</i>	CASUAL OPEN POLE PRACTICE

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TERM FOUR CASUALS

22nd July – 15th September

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

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