




# TERM 2

UNDERWOOD

18TH MAR- 26TH MAY

| MONDAY    |   |  |   |
|-----------|---|--|---|
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 17:00     | SENSUAL FLOW - Dani                           | SPIN 2 - Sarah                         | OPEN PRACTICE - Self Directed   |
| 18:00     | SENSUAL FLOW - Dani                           | INTERMEDIATE 2 - Ishvi                 | BEGINNER 1 - Lauren   |
| 19:00     | ELITE - Sarah                                 | INTERMEDIATE 3 - Dani                  | BEGINNER 2 - Lauren   |
| 20:00     | POLE PLEASURES   TRICKS (BEG) - Dani   Lauren | TRICKS (INT +) - Sarah                 | FLEXXY - Ishvi       |
| TUESDAY   |   |  |   |
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 9:30      | TRICKS (ALL LEVELS) - Dani                    | OPEN PRACTICE - Self- Directed         | OPEN PRACTICE - Self- Directed  |
| 10:30     | POLE PLEASURES - Dani                         |  |   |
| 17:00     | TRICKS (SPINNING) - Chelsea                   | OPEN PRACTICE - Self Directed          | CHOREO (FLOW) - Sarah   |
| 18:00     | ADVANCED 2 - Chelsea                          | INTERMEDIATE 1 - Sarah                 | SEXY FUNDAMENTALS - Mikki   |
| 19:00     | TRICKS (FLOOR & BASEWORK) - Chelsea           | INTERMEDIATE 4 - Sarah                 | BEGINNER 1 - Mikki  |
| 20:00     | ADVANCED 1 - Sarah                            | BEGINNER 3 - Mikki                     | FLEXXY - Chelsea     |
| WEDNESDAY |   |  |   |
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 17:00     | INTERMEDIATE 2 - Bridget                      | OPEN PRACTICE - Self Directed          | FREE TRIAL CLASS (NEW TO POLE) - Bri  |
| 18:00     | TRICKS (ALL LEVELS) - Naomi   Bridget         | ADVANCED 1 - Bri                       | BEGINNER 1 (6 Week) - Renee   |
| 19:00     | BEGINNER FLOW - Bridget                       | ADVANCED 2 - Renee                     | BEGINNER 2 - Bri  |
| 20:00     | ACRO & HANDSTANDS - Renee                     | INTERMEDIATE 3 - Bri                   | BEGINNER 1 (6 Week) - Elodie  |
| THURSDAY  |   |  |   |
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 17:00     | INVERT YOUR THINKING - Jade                   | OPEN PRACTICE - Self Directed          | FLEXXY - Chelsea   |
| 18:00     | INTERMEDIATE 4 - Chelsea                      | BEGINNER 3 - Shu Men                   | CHOREO (TWERK) - Jade   |
| 19:00     | INTERMEDIATE 2 - Chelsea                      | INTERMEDIATE 1 - Jade                  | TRICKS (BEGINNER) - Shu Men   |
| 20:00     | CHOREO - Chelsea                              | BEGINNER 1 - Jade                      | PILATES - Shu Men  |
| FRIDAY    |   |  |   |
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 8:30      | TRICKS (SPINNING) - Dani                      | OPEN PRACTICE - Self- Directed         | OPEN PRACTICE - Self- Directed  |
| 9:30      | SENSUAL FLOW - Dani                           |  |   |
| 17:00     | FIX MY TRICK - Bri                            | OPEN PRACTICE - Self- Directed         | OPEN PRACTICE - Self- Directed  |
| 18:00     | OPEN PRACTICE - Self- Directed                | INTERMEDIATE 3 - Bri                   | CHOREO - Katia  |
| 19:00     | INVERT YOUR THINKING - Bri                    | SPIN 1 - Katia                         | FLEXXY - Sandi     |
| SUNDAY    |   |  |   |
|           | Main Stage                                    | Backstage                              | The Gallery   |
| 15:00     | OPEN PRACTICE - Self Directed                 | FREE TRIAL CLASS (EXPERIENCED) - Sarah | BEGINNER 1 (6 Week) - Kat   |
| 16:00     | CHOREO (BEGINNER) - Kat                       | ADDICTIVE CURVES - Jolie               | BEGINNER 2 - Sarah  |
| 17:00     | TRICKS (SPINNING) - Jolie   Sarah             | OPEN PRACTICE - Self Directed          | BEGINNER 1 - Kat  |
| 18:00     | CHOREO (Flow) - Sarah                         | BEGINNER 3 - Jolie                     | FREE TRIAL CLASS (NEW TO POLE) - Kat  |
| 19:00     | SHOWTIME (WK6-10) - Jolie                     | OPEN PRACTICE - Self Directed          | OPEN PRACTICE - Self Directed   |

 **Series Class**  
must book multiple-  
APF app

 **Drop-In Class**  
bookings open Monday  
6 am for coming week

 **Workshop**  
excluded from membership

 **Zoom Class**  
bookings open Monday 6 am for coming week  
link emailed from MBO



ENROL TODAY

0477 046 046

[info@addictivepolefitness.com](mailto:info@addictivepolefitness.com)

[www.addictivepolefitness.com](http://www.addictivepolefitness.com)

Addictive   
pole fitness