

BODY LANGUAGE

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BRUNSWICK HEADS
SEMI - PRIVATES**
TERM 2 (MAR 3-APR 27)

Limited Availability (2-3 students)**

MONDAY

10:30-11:30AM - Pole Endurance Sequences [0] (no invert)

Private Coaching & Space Hire Availability

4:30-5:15PM - Pole Pilates [0] (off-pole conditioning)

5:15-6:15PM - Pole Foundations [1] (beginner strength)

6:15-7:15PM - Pole Expressions Choreography [1] (dance)

TUESDAY

Private Coaching & Space Hire Availability

4:30-5:15PM - Invert Conditioning [0] (core & spine)

5:15-6:30PM - Pole Form (beg[2]-int[3] strength) (no invert)

6:30-7:30PM - Private Space Hire Availability

WEDNESDAY

11:30-12:30PM - Release Sessions [0] (mobility & traction)

Private Coaching & Space Hire Availability

4:15-5:15PM - CEX Sessions [0] (connection & expression)

5:15-6:30PM - Pole Tech (int[3]-adv[4] strength) (inverts)

6:30-7:30PM - Private Space Hire Availability

THURSDAY

Private Coaching & Space Hire Availability

4:00-5:15PM - Pole Form (beg[2]-int[3] strength) (no invert)

5:15-6:30PM - Pole Expressions Choreography [2] (dance)

6:30-7:30PM - Private Space Hire Availability

FRIDAY

9:45-10:30AM - Injury Prevention [0] (off-pole resistance)

10:30-11:30AM - Pole Endurance Sequences [0] (no invert)

Private Coaching & Space Hire Availability

3:15-4:00PM - Pole PT [0] (off-pole strength & conditioning)

4:00-5:00PM - Pole Foundations [1] (beginner strength)

WORKSHOPS

MARCH 8TH

10:30-12:30PM - Erotic Edge Choreography (pointe/edgework)

MARCH 29TH

10:30-12:00PM - Beginner Pole Dance Fundamentals

***OR, CHOOSE YOUR TIME & PEOPLE -
1:1 PRIVATES & GROUPS OF UP TO 5!
EVENT/CELEBRATION AVAILABILITY***

