

BOBBI'S POLE STUDIO SINGAPORE PTE LTD - FULL SCHEDULE

Date of printing is **14/3/2010**. All information is correct at time of printing.

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Studio:	1	2	1	2	1	2	1	2	1	2	1	2	1	2
10:00am														
10:30am														
11:00am														
11:30am											Corporate Jenn	Jap Trial Class Naoko	Int 2 2 May - Linna	Corporate / Group Naoko
12:00nn														
12:30pm	Power Pole Grooves 26 Apr - Jas	Pole Prac Jas	Power Int 1 27 Apr - Linna	Corporate / Group	Corporate / Group	Trial Class Jas	Corporate / Group Linna	Pole Prac Jas	Power Pole Grooves 30 Apr - Linna	Beginners 30 Apr - Jas	Int 3 1 May - Summer	Int 1 1 May - Naoko	Flexibility 2 May - Linna	Jap Trial Class 2 May - Naoko
1:00pm											Pole Grooves 1 May - Summer	Int 2 1 May - Naoko	Exotic Dance 2 2 May - Linna	Pole Grooves 2 May - Summer
1:30pm														
2:00pm														
2:30pm											Prep Adv 1 May - Summer	Beginners 1 May - Jas	S.L.A.P. 2 May - Summer	Int 1 2 May - Jas
3:00pm														
3:30pm											Exotic Dance 1 1 May - Jas	Trial Class Jenn	Exotic Dance 1 2 May - Jas	Trial Class Jenn / Naoko
4:00pm														
4:30pm					Beginners 28 Apr - Jas								Exotic Dance 2 1 May - Jas	Pole Prac Jenn
5:00pm														
5:30pm					Beginners 28 Apr - Linna	Exotic Dance 1 28 Apr - Jas								
6:00pm														
6:30pm														
7:00pm	Flexibility 26 Apr - Linna	Trial Class Jas			Exotic Dance 1 28 Apr - Jas	Pole Prac Jenn			Corporate / Group Linna	Trial Class Jas				
7:30pm			Int 2 27 Apr - Summer	Corporate / Group				S.L.A.P. 29 Apr - Summer	Int 1 29 Apr - Jas					
8:00pm	Prep Advance 26 Apr - Summer	Beginners 26 Apr - Jas			S.L.A.P. 28 Apr - Summer	Beginners 28 Apr - Linna		Int 2 29 Apr - Summer	Corporate / Group Jas	Int 3 30 Apr - Linna	Int 2 30 Apr - Jas			
8:30pm			Int 3 27 Apr - Linna	Beginners 27 Apr - Summer										
9:00pm	Pole Grooves 26 Apr - Summer	Int 1 26 Apr - Jas			Exotic Dance 2 28 Apr - Jas	Prep Advance 28 Apr - Summer				Flexibility 30 Apr - Linna	Pole Prac Jas			
9:30pm			Pole Prac Naoko	Int 1 27 Apr - Linna				Pole Prac Naoko	Beginners 29 Apr - Jas					
10:00pm	Pole Prac Linna	Pole Prac Jas			Pole Prac Jas	Flexibility 28 Apr - Linna								
10:30pm														

LEVELS (Promotion to the next level is to be advised by the instructors.)

Beginners
Most students will start with the Beginners term. These classes are designed to introduce students to the 'Pole' and to the range of moves that can be performed given time and practice. Attention is also given to building upper body strength and flexibility all of which contribute to gaining pole skill.

Intermediate 1
Once the student has graduated from Beginners they can enroll for Intermediate. This course will revise pole skills gained in the previous course, whilst moving on to slightly more complex maneuvers that require strength and agility. The student will be also taught dance/pole combinations.

Intermediate 2
Now we are getting serious! Not only are we ALL confidently upside down we are going to get you sideways, right-side up and inside out!! Hold on tight for Intermediate 2!

Intermediate 3
Considering changing your career? Then Int 3 is what you need - and lots of it!!! Quite physically demanding and acrobatic - we highly recommend 2 courses per week at this level.

Prep Advanced
Are you an Int 3 repeat offender? Or struggling in Advanced? This course focuses on the more difficult and demanding moves that you will be mastering in Advanced.

COURSE DESCRIPTIONS

Exotic 1
Exotic Dance is an art form that tastefully accentuates the curves on a woman's body through sensual and feminine movements. After understanding the basic moves, you will progress to learning simple, sexy routines. No dance experience required. All levels welcome.

Exotic 2
For those who have graduated from Exotic 1, welcome to level two of the Exotic dance world. Props will be used each term (ie chair, boa, hat, pole). Get ready for the next level!

S.L.A.P. (Strip / Lap Courses)
This 8-week course covers the basics of Lap Dancing and Striptease, starting from the floor and working all the way up. Floor moves, body rolls and seductive dance steps are covered along with the art of Striptease and Chair work. You will learn a complete Striptease / Lap Dancing routine by the end of your course. All levels welcome. No dance experience required.

Power Pole Grooves
If you would like to combine all your Pole moves into routines, this course is for you. A new routine every 2 to 4 weeks showing you how Pole Dancing can be a graceful and fluid form of dance, as well as highly aerobic. Minimum of Beginners required.

Power Pole Grooves
A 40-minute Pole Grooves / Instructional Class that's a Cardio Workout, designed especially for Business Chix who want a 'Pole Fix' during their lunch breaks! All levels (Int 1 and above) are welcome.

Power Int 1
A 40-minute lunch-time Pole Instructional workout session for city girls. Are you ready to sweat?

Flexibility
Not quite strong or flexible enough to do the Pole moves you would like. This fabulous class concentrating on strength and flexibility exercises are specific to Pole Dancing. We will give you a personal appraisal and some specific exercises for you to do at home depending on your needs.

COURSE FEES

1st Course - \$260 | 2nd Course - \$130
Beginner Pole, Int 1, Int 2, Int 3, Prep Advanced & Pole Grooves

1st Course - \$260 | 2nd Course - \$160
Pole Grooves

1st Course - \$180 | 2nd Course - \$120
Power Pole Grooves, Power Int 1 & Flexibility

1st Course - \$220 | 2nd Course - \$150
Exotic 1, Exotic 2 & S.L.A.P.

PRIVATE CLASSES

With Linna or Summer
1-hour class \$150 | 4-hour package \$540

With Jasmine, Jennifer or Naoko
1-hour class \$120 | 4-hour package \$480



STUDIO ETIQUETTE

1. All class fees must be paid and registration must be completed before taking class.
2. Please try not to be late for class - it is disrespectful, disruptive and distracting to both your instructor and classmates.
3. Please help us keep the studio clean and tidy. Place your bags on the shelves or on the floor at the side of the studio.
4. Please do not bring any food and drink into the studio.
5. Please ensure that all beeping devices - pagers, cellphones, watches, PDAs, etc - are silenced before entering the studio for class.
6. Please direct questions in class to the instructor and not to another student - we always welcome questions and clarification during class and other students might benefit from the answer.
7. At all times, please be aware of your own safety and the safety of those around you.
8. All lost and found items will be kept for one month and then donated to charity.

8-WEEK COURSES:

1. Classes require early registration and advance payment of the cost of the entire course to confirm reservation.
2. Closing date for registration is one week before the stated start date.
3. Subject to a minimum of 10 fully-paid up and registered persons to start.
4. A S\$20 administrative fee will be levied on any changes made to any 8-week course registration.

NOTES:

1. Commencement dates for courses are as indicated.
2. Unless the age group is specified, classes are for persons age 18 and above.
3. All information is correct at time of printing.
4. Bobbi's Pole Studio Singapore Pte Ltd reserves the right to amend the schedule without prior notice.

Students acknowledge that Bobbi's Pole Studio Singapore Pte Ltd has informed them that there will be risks of injury associated with all forms of dance or exercise. They assume all such risks and agree that Bobbi's Pole Studio Singapore Pte Ltd will not be responsible in any way for such injury they may suffer in or as a result of the classes and / or any other such events conducted at / by Bobbi's Pole Studio Singapore Pte Ltd.

Full Class Schedule APR - JUN 2010



Bobbi's
POLE STUDIO
www.bobbispolestudio.com.sg

222 Queen Street #02-01 Singapore 188550 | T.65.6887.0383
singapore@bobbispolestudio.com.au | www.bobbispolestudio.com.au