



2024 Holiday Workshop Descriptions

2024/2025 (60 minute classes)

Acro Choreo: Learn a range of floor based acro skills and poses that help build strength, balance and flexibility as we build them into a choreographed routine. These moves can add a whole new dimension to your next performance piece! This workshop is for people who have previously attended acro casuals or have previous experience.

Acro Lap: Add some acrobatic flair to your lap dance routine in this playful workshop, and bring a partner for free! One person will learn a fun and sexy routine while their partner (or friend) gets a lap dance, offering support and spots for their partner. It's a great way to bond with your partner or friend while learning some exciting acro-inspired moves that will take your lap dance to the next level! Grab a buddy and get ready to have some fun together—this is all about trust, laughter, and a little bit of spice!

Advanced Exotic Choreo: Immerse yourself in the beauty of sensual, weightless movement in this advanced exotic choreo workshop. Explore graceful basework, seamless transitions, and hypnotic flow designed to elevate your exotic style. Perfect for experienced dancers looking to embody elegance and control. Heels and kneepads are essential as you bring this stunning routine to life.

Advanced Floorwork: Make your floorwork just as impressive as your pole tricks! In this class you'll learn dynamic base pole and floorwork moves that will have your audience amazed! This course is not for beginners and previous experience with shoulder stands, handstands and floorwork is recommended!

Advanced Heels Choreo (2 Part): All your favourite moves from Dance Dirty with more advanced tricks thrown in! You should be confident with leg hangs, single-handed spins and dancing in heels. Knee pads, thigh grip and heels are a must! Bring your fiercest attitude and most confident struts! This is a 2-part workshop – please book Part A and Part B to participate.

Aerial Hoop (Lyra) Beats and Drops: Add some dynamic skills into your lyra repertoire! Drops and beats are a whole different way of moving on the lyra and add great dramatic effect to routines. These skills often take time to master, and will be broken down into achievable parts for individual levels.

Aerial Hoop (Lyra) Rolls: Keep rollin', rollin', rollin'...One for the whippy, dynamic fiends! Work on the likes of snake rolls, backward knee circles, mill circles, These skills often take time to master, and will be broken down into achievable parts for individual levels.

Aerial Hoop (Lyra) Spanset: More lyra tricks on top of the lyra, but this time using the spanset sling which opens up a whole extra realm of possibilities the single lyra rope can't!

Aerial Hoop (Lyra) Spins: Take your aerial hoop skills for a spin in this exciting workshop with Nomes! Designed for Lyra 2 and above, this class focuses on mastering spins, transitions, and flow on the Lyra. Whether you're looking to refine your technique or add some flair to your routine, you'll work on building strength, control, and fluidity as you explore different spinning moves.

Aerial Hoop (Lyra) Tricks & Transitions: Dive into a workshop packed with impressive lyra tricks and creative transitions designed to elevate your aerial flow. You'll explore entries, graceful poses, and smooth combinations that showcase your strength and artistry. Open to students with prior lyra experience, this class will challenge your skills and inspire your aerial creativity!

Aerial Loop (Lyra) Hand Loops: Love being in the sky but sometimes wish you could hold something a little softer than a metal lyra (without the extra effort of holding yourself up in a tissu)? Come try out the best of both worlds in a Hand Loops For Lyra workshop! Learn variations on some classic lyra tricks as well as entirely new moves that make the most of this fun addition to a familiar apparatus. This workshop is suitable for beginner/intermediate aerialists. We recommend you have completed at least 1 term of beginner lyra to participate.

Aerial Silks (Tissu) Drops: One for the adrenalin junkies and thrill-seekers! Learn a variety of drops – you'd be surprised what you can do with 4m! **Must be able to aerial invert and have good body awareness/able to follow direction in the air (Ideally at least four terms of tissu experience)

A Very Hoopy Christmas: Channel your inner aerial seductress in this festive lyra workshop set to *Santa Tell Me* by Ariana Grande. Learn a slinky lyra routine in heels, featuring flirty floorwork, low lyra tricks, and graceful aerial combos. Perfect for all levels, from beginners to experienced flyers. Tights required, heels encouraged—let's sleigh the holidays in style!

A Hoopier Christmas: It's gonna be *Merry* with this *NSYNC-inspired lyra heels workshop set to *Merry Christmas, Happy Holidays*! Open to all levels—whether you're a

beginner or a seasoned lyra star—you'll work through playful floorwork, low lyra moves, and aerial combos that'll make your routine *pop*! No need to say *Bye Bye Bye* to fun this season—tights required, heels encouraged, and let's bring the holiday cheer centre stage!

Basework Bliss: Dive into the world of grounded movement in this all-levels basework workshop! Explore fluid transitions, intricate floor tricks, and heel technique designed to elevate your low-flow style. Perfect for those looking to master slinky moves close to the floor—heels required!

Beginner Climbs and Combos: Join us for an exciting class where you'll conquer the basics of pole climbs and start linking them into smooth, dynamic combos! Perfect for beginners, this workshop will build your strength and boost your confidence while having a blast on the pole. Let's get climbing and combining!

Beginner Low Flow: Join Nomes for a fun and fluid introduction to low flow! In this workshop, you'll learn the basics of floor work and seamless transitions from pole to floor. Perfect for beginners, this class will help you build your confidence and flow while focusing on graceful movements and transitions. Whether you're new to pole or just starting to explore floor work, this workshop will set you up with the skills to move smoothly and confidently!

Beginner Aerial Hoop: Discover the elegance and excitement of lyra, the mesmerising art of aerial hoop! This beginner-friendly workshop focuses on building strength and mastering foundational skills. Perfect for those new to aerials, you'll learn beautiful moves and create a strong base for your lyra journey.

Beginner Spin Choreo: Perfect for those new to pole or beginner students looking to try something fresh! Learn foundational spin pole tricks from our beginner curriculum and combine them into a fun, flowing routine. A supportive and exciting way to explore spin pole!

Beginning to Look a Lot Like Pole-Mas (Low Flow Pole): Celebrate the season with this festive low-flow workshop! Join Casey for basework and floorwork choreography set to Michael Bublé's "It's Beginning to Look a Lot Like Christmas." Perfect for spreading holiday cheer while honing your sultry flow.

Cardio Party (FREE): Kick off 2025 with energy and excitement at our free cardio party! Join us for a fun, high-energy session designed to get your heart pumping and your body moving. It's the perfect way to start the year strong and reconnect with the Pole Gym community. Let's sweat, smile, and celebrate together!

Casey's Signature Tricks: Take your pole skills to the next level in this advanced workshop! Master Casey's unique combinations, creative transitions, and bold moves, all broken down for seasoned polers. Prerequisites: aerial inverts, shoulder mounts, and handsprings. Elevate your repertoire with Casey's signature flair!

Christmas Cabaret! Think the Radio City Rockettes, La Showgirl, Le Moulin Rouge... This Broadway-inspired cabaret class combines elements of Ballet, Jazz and Musical Theatre while incorporating the showgirl technique of dancing in heels. The choreography is festive, cheeky and sharp with added stylish movements. You are welcome to wear low heels or just barefoot.

Christmas Twerk (Jess): Tis' the season to twerk! Join Jess for a beginner friendly twerk and booty holiday workshop! Learn your first twerks, booty rolls and pops! Then incorporate your moves into a fun and Christmas-sassy routine! Song: Wind It Up (Gwen Stefanie).

Classic Christmas Heels: Join us for a beginner friendly x-mas pole workshop that will cheer up even the grinchiest of characters. This cheeky burlesque inspired routine uses a feather boa as our prop and is designed to be performed in heels. Come dressed in your sexiest x-mas attire! Song: 'You're a Mean One Mr Grinch' by The Nashville Cast

Classic Christmas Tease: Put the X in X-Mas with a timeless and tantalising striptease to *Merry Christmas Baby* by Elvis Presley. Eddie will guide you through a sultry, sophisticated routine focusing on the tease—slow reveals, lingering glances, and irresistible moves that leave them wanting more. Perfect for all levels, this class celebrates the art of sensuality and confidence. Bring a robe, shirt, or layers to peel away, and let your inner seductress shine this holiday season. Xoxo!

Contemporary Dance:

Explore the art of movement with Kaitlyn in this creative and dynamic contemporary dance workshop. No pole—just pure expression. Dive into artistic, jolty, and powerful choreography that challenges your technique and awakens your creativity. Perfect for dancers looking to embrace the raw and unpredictable energy of contemporary dance. Song: Elastic by Joey Purp

Contemporary Floor: Join Kaitlyn for a workshop focused on contemporary dance floor techniques, performed without the pole. This class emphasises fluidity, body awareness, and expressive movement as you explore different ways to connect with the music and your own body. It's a great opportunity to improve flexibility, strength, and your overall floor work. Suitable for all levels.

Contemporary Pole Choreo: Explore raw, dynamic movement in this all-levels contemporary pole workshop set to "Nuclear Fusion" by King Gizzard & The Lizard Wizard. With rocky, expressive vibes, Kaitlyn will guide you through a unique choreography blending artistry, power, and emotion. Perfect for those ready to dive into contemporary feelings on the pole!

Crash Course Choreo - Level 2 Human: Perfect for those who've previously completed Level 2 and mastered the tricks and want to learn the beautiful new 'Human' choreo in just one hour. This lyrical dance focuses on fluidity, emotional expression, and storytelling. Refine your lines, grace, and mobility as you move through a slower, more

introspective routine. This class is for students who have completed Level 2 and are confident with the tricks, as all tricks will be assumed knowledge and won't be broken down.

Crash Course Choreo - Level 2 Half Light: Perfect for those who've previously completed Level 2 and mastered the tricks and want to learn the beautiful new 'Half Light' choreo in just one hour. This lyrical workshop focuses on emotional expression and storytelling through dance. You'll refine your lines, grace, and mobility while learning a slower, expressive routine. This class is for students who are confident with Level 2 tricks. All tricks within the class will be treated as assumed knowledge and won't be broken down.

Crash Course Choreo - Level 3: All That Jazz: Get your jazz hands ready for this high-energy Fosse-style choreography! This workshop is perfect for those who have completed Level 3 and mastered the tricks, and want to learn the iconic "All That Jazz" routine in just one hour. Inspired by Broadway classics like *Chicago* and *Cabaret*, you'll master signature moves such as curved shoulders, hip rolls, thrusts, and those famous jazz hands. This class is for students who are confident with Level 3 tricks, all tricks within the class will be treated as assumed knowledge and won't be broken down.

Crash Course Choreo - Level 3: Le Jazz Hot: Get your jazz hands ready for this high-energy Fosse-style routine! This workshop is perfect for those who have completed Level 3 and mastered the tricks, and want to learn the new 'Le Jazz Hot' routine in just one hour! Inspired by Broadway classics like *Chicago* and *Cabaret*, you'll master signature moves such as curved shoulders, hip rolls, thrusts, and those famous jazz hands. This class is for students who are confident with Level 3 tricks, all tricks within the class will be treated as assumed knowledge and won't be broken down.

Creativity Unleashed: Unleash your inner artist and explore the endless possibilities of movement and expression. In this workshop, you'll learn how to craft your own choreography, develop unique sequences, and tap into your creative potential. Discover tools and techniques to stay open to new ideas, explore themes, and bring your vision to life. Perfect for anyone looking to expand their creative process and tell their story through dance! Perfect for students thinking about Student Creations coming up in February.

Dance Dirtier (Doubles!): Turn up the heat in this workshop where we combine your favourite Dance Dirty moves with some seriously seductive doubles choreo! Bring a partner of your own or be matched with someone on the day (a great way to meet more like-minded members of the pole fam)! Some experience and comfort with heels & pole choreography required. Heels & knee pads recommended.

Dance For You - Chair Choreo: Get ready to turn up the heat in this sultry, sexy chair routine with Monna Ysa. Set to Beyoncé's Dance For You, this workshop is all about embodying confidence and sensuality. Whether you're a seasoned dancer or new to chair work, this workshop is perfect for anyone looking to tap into their inner diva.

Dance STRONG: Train like a pro and take your dance skills to the next level! In this class, you'll focus on conditioning techniques used by professional dancers to build strength, flexibility, and endurance. Whether you're looking to refine your technique or enhance your overall fitness, this workout will help you perform at your best.

Doubles Pole Tricks: Learn all kinds of fun doubles tricks! Join with a buddy of your own or be matched with someone on the day. Confidence in aerial inverts and inverted leg hangs is recommended. If you can't aerial invert/leg hang but are still interested, you may be restricted to base or flyer only for some moves.

Double Tab Aerial Hoop (Lyra): A double tab (or double point) aerial hoop is suspended from two points instead of one, providing greater stability and unique opportunities for tricks, transitions, and shapes. In this workshop, you'll explore moves designed specifically for this setup, adding creativity and flair to your lyra repertoire. Recommended for Level 2 students or higher, this workshop is perfect for those ready to challenge themselves and elevate their aerial artistry. Come prepared to push your limits and master new skills in the air!

Double Trouble: Exotic Edition: Turn up the heat with this exotic doubles workshop! You'll learn seductive, floor-focused moves combined with synchronised basework that will leave your audience mesmerised. Sign up with a friend or team up with someone on the day—it's a perfect way to connect with your pole fam! Previous experience with exotic choreography and comfort in heels are recommended. Don't forget your kneepads and heels to bring the full exotic vibe!dynamic pole

Dynamic Pole: This workshop focuses on an introduction to dynamic pole tricks, combining speed, momentum, and powerful moves to elevate your flow. Suitable for Level 4 and above, you'll learn how to incorporate exciting, dynamic elements into your routine for a fun challenge!

El Tango De Roxanne: Get ready for a passionate, dramatic pole dance workshop with Kaitlyn! Set to the iconic *El Tango de Roxanne*, this class fuses the sensuality of tango with pole dance. Learn to embrace sharp, powerful movements and sultry floor work while capturing the energy of Moulin Rouge. Suitable for all levels, street heels recommended for that extra flair!

Emo Exotic: Get ready for an emotionally charged and fast-paced Emo Exotic workshop with Marlee! This intermediate+ class blends quick, sharp movements with the raw energy of emo music, all within the sensual exotic pole style. Heels and kneepads are essential for this class. If you're ready to take your exotic style to the next level, this workshop is for you!

Exotic Base Tricks - Join Marlee for a workshop focused on sensual floor work and low pole transitions, with an emphasis on shoulder rolls, stands, and smooth, weightless movements. Heels are recommended (or wear socks!), kneepads are required. Perfect for those with some exotic experience looking to take their basework to the next level.

Exotic Choreo: Get ready for a fun exotic choreo workshop with Marlee! This class is designed for those with previous exotic experience, as you'll dive into quick, fluid transitions and complex movements. Perfect for building speed, flow, and confidence in your exotic dance style. Heels and kneepads recommended.

Exotic Choreo 'Velvet World': Step into Santis' sultry world with this 2-part exotic choreography workshop. Across both sessions, you'll master a flow-style exotic routine that blends intricate basework, seamless transitions, and Santis' signature weightless style. Perfect for those confident with inverts, leg hangs, and dancing in heels, this workshop will challenge and captivate you. Heels and knee pads are essential. Song: Velvet World by Shiadanni. Must book both Part A and Part B to participate.

Exotic Floats and Glides: Mesmerise your audience with exotic tricks and techniques that create the illusion of weightlessness. Learn tricks and techniques to transfer around the pole with a focus on fluidity and movement quality. Heels recommended.

Exotic Fundamentals: In this beginner friendly workshop you'll learn the foundations of the exotic style - perfect for those new to exotic or wanting to work on the basics of this style in more detail. We'll focus on heel technique and ways to transition around the pole, as well as leg waves, exotic waves and other exotic elements that do not require advanced strength or flexibility. Heels and knee pads recommended.

Fake it 'til you make it!: Feeling like a lack of strength or flexibility is holding you back? In this workshop we'll explore fun tricks that create the illusion of strength or bendiness, in an achievable way! Come learn how to fake it 'til you make it!

Festive Floorplay: Get into the holiday spirit with Casey in this fun and festive floorwork workshop! Set to *My Only Wish (This Year)* by Britney Spears, this class is all about groovy, sensual floorwork moves that will have you feeling the joy of the season. No pole required—just bring your festive energy and let loose to some classic holiday vibes. Suitable for all levels.

Flexi Hoop Tricks: Ready to bend, twist, and amaze? Take your aerial skills to the next level with this flexi-focused lyra workshop! Explore the art of bending and twisting your body into beautiful, intricate shapes on the hoop. Open to those with prior lyra experience. To get the most out of the session, please arrive early to properly warm up your back and splits.

Flippin Tricks: Flippin' Tricks is an advanced workshop that will cover dynamic tricks with the one and only Nomes! Prepare to flip, cartwheel and handstand your way through this class!

Flirty Floorplay: Get ready to add some spice to your dance with this fun and flirty heels choreography workshop! Marlee will guide you through a playful and seductive floorwork

routine that's perfect for all levels. Whether you're a beginner or more advanced, you'll learn to express yourself with confidence and flair. Heels and knee pads are required.

Foot Fetish: Step into the world of foot grips and tricks with this playful workshop dedicated to all things feet! Work on foot-focused moves like the foot press, Chinese climb, and Cupid. This workshop is perfect for those who want to nail this challenging grip! Suitable for intermediate to advanced.

Get a Grip!: Discover cool and creative alternative grips like elbow grip, funky grip, back grip, butt grip, and tummy grip in this exciting tricks-based workshop! Join Stevie and explore fun ways to add variety and flair to your pole repertoire—who knows, you might just find your new favorite grip!

Grads Foundations Tricks: This workshop is perfect for advanced students wanting to master those challenging Grads Foundation level tricks like aerial foot press, aerial shoulder mount and handsprings.

Grads Tricks: An advanced level tricks class where you'll work on fun pole tricks and combos. Must be confident in aerial inverts and aerial shoulder mounts. Options will be provided to suit your level of strength, flexibility and endurance.

Handsprings and Shouldermounts: Learn or improve your technique and build strength and confidence in these two difficult strength moves. Must be confident in aerial invert and butterfly to participate.

Handstands: A workshop designed to work towards the perfect handstand! Work on specific drills to gain the balance and strength required to hold a perfect handstand. Also included are base pole tricks that will support your handstand training as well as give you some new and exciting tricks to add to your repertoire. All levels welcome!

Hardstyle Kips: Master the art of explosive hardstyle kips in this workshop! Learn how to execute the perfect kip by quickly rolling from the toe box to the top of your foot, shin, and knee with precision and control. Focus on seamless transitions that look dynamic and effortless. Ideal for intermediate to advanced polers ready to enhance their power moves.

Have yourself a sexy little Christmas: This beginner friendly sweet yet sexy spin pole routine will have you feeling your best self this holiday season. Come wearing your sexiest Christmas outfit and have yourself a sexy little Christmas!

Heels 101: Ready to dip your toes into the world of heels? This beginner-friendly workshop is perfect for those just starting out with heels or just wanting to get more confident. Learn the basics of dancing in heels, focusing on balance, style and confidence, all in a fun and supportive environment. No experience needed—just bring your sass and your heels!

Heels Choreo with Nomes

Step into your pleasers and let Nomes guide you through a fierce, captivating routine!

This workshop focuses on fluidity, confidence, and mastering the art of heels choreography. Perfect for dancers looking to refine their movement and embrace their bold side. Bring your heels and knee pads, and get ready to slay!

Hips & Legs Mobility & Flexibility: Caitlin Scott: Boost your pole practice with this dynamic 1-hour workshop focusing on hip and leg mobility, flexibility, and strength. Caitlin will guide you through targeted conditioning drills for the hips, knees, and ankles, helping to improve lower body control, prevent injury, and enhance your overall movement. This workshop is a workout in itself, so come prepared to get involved! You'll leave with practical exercises to incorporate into your own routine, along with techniques to safely progress in your flexibility and mobility. Perfect for anyone looking to build strength and body awareness while improving flexibility!

Holiday Hot Seat: Get into the festive spirit with this sassy, sexy chair dance routine! Set to "Santa Baby" by Kylie Minogue, this fun workshop brings a playful twist to your pole journey. Suitable for all levels, you'll learn a funky routine with chair work that requires no pole or pleasers. Wear comfortable heels, leggings, long socks, or knee pads, and don't forget to bring your Christmas cheer with festive attire!

How to Freestyle: Unlock the art of freestyle with the queen of flow herself, Sarah! This workshop will teach you how to break free from overthinking tricks and find your natural movement. Learn to connect your pole and floor work seamlessly, explore musicality, and embrace the joy of improvisation. Perfect for anyone wanting to get out of their head and into their groove.

Intro to Contortion – Part A & B

This 2-part workshop is your gateway to exploring contortion! In Part A, focus on contortion technique and deep flexibility stretches. In Part B, put your newfound flexibility into action by learning exciting floor and standing contortion tricks. Perfect for anyone wanting to build their bendy skills step by step!

Intro to Floorwork: Make your floor tricks just as impressive as your pole tricks! Learn dynamic floor moves like shoulder stands, fish flops and more! Knee pads and a shirt that covers your shoulders recommended. All levels welcome but some experience with pole dance and floorwork is advantageous.

Intro to Hardstyle: Get ready to groove with Casey in this high-energy hardstyle pole workshop set to "Christmas in Hollis." Combining exotic pole moves with the intense beats of hardstyle, this class is perfect for those looking to explore bold, fast-paced movements, jumps, tricks, and unexpected transitions. Have fun and unleash your energy this festive season!

Intro to Rope: Tissu's spicy distant cousin with bite! While there is crossover in skills from tissu to rope, rope possesses its own unique skills and is definitely very different! If you have been wanting to try out different aerials, rope is a great option!

Intro to Spin Pole: Perfect for people brand new to pole or beginner students looking to try something fresh! Learn foundational spin pole tricks from our beginner curriculum and combine them into some fun combos. A supportive and exciting way to explore spin pole!

Inverts: Whether you're new to inverting or looking to improve your technique there is something for everyone in this inverts workshop! Work on strength building & injury prevention to keep you inverting safely for years to come!

Kips & Heel Tricks: Looking for floorwork that commands attention!? Learn dynamic exotic tricks like kips, heel based tricks that are sure to turn heads! Heels and knee pads are a must for this workshop! This is an intermediate to high level workshop. You should be comfortable inverts, pole assisted elbow/handstands and heels choreo to join this workshop.

Kooky Choreo: Get ready to embrace the quirky and unexpected in this fun and unique workshop with Sarah! Known for her creative and unconventional style, Sarah will guide you through a playful choreographed routine that blends unusual movements, interesting transitions, and her signature flow. Perfect for students looking to step outside their comfort zone, explore something different, and have a blast along the way! Suitable for all levels—come ready to get kooky!

Kryptonite Tricks: Turn your kryptonite tricks into your superpower in this tricks workshop! Dive deep into Superman, Superman tumbles, and an array of creative Superman variations. Suitable for students confident with inverts and leg hangs. Let's turn struggle into strength—cape optional!

Leg Hangs and Laybacks: Improve your technique and confidence in these fundamental pole tricks and learn some fun variations! Must be confident inverting to participate.

Level 1-2 Pole Tricks: This workshop will focus on key level 1-2 tricks and is perfect for beginner students or those wanting to recap technique and learn some fun new combos and transitions. No inverted (upside down) tricks are included in this workshop.

Level 3-4 Pole Tricks: This workshop is perfect for lower-intermediate students wanting to recap tricks from the Level 3 and 4 courses and learn some fun new combos and transitions suited to this level! Tricks like inverts, leg-hangs and laybacks may be included in this course. Students should have learnt invert technique prior to commencing this workshop.

Level 5-6 Pole Tricks: This workshop is perfect for intermediate students wanting to recap tricks from the Level 5 and 6 courses and learn some fun new combos and transitions suited to this level! Tricks like butterfly, aerial inverts and aerial combos may be included in this workshop.

Level 6-7 Pole Tricks: Challenge yourself with this exciting tricks workshop! Think aerial inverts, leg hang changes, Superman combos, elbow stands and dynamic drops! Perfect for students ready to level up and master tricks from Levels 6 and 7!

Level 8-9 Tricks: Push your limits with advanced tricks like shoulder mounts and dismounts, caterpillar climbs, and stunning Jade splits! Master challenging moves such as reverse entry handsprings, brass monkeys, aerial shoulder mounts, and aerial foot presses. Perfect for those ready to conquer Level 8/9 skills and take their pole journey to new heights!

Low Flow Lyra Seductress: Learn the art of aerial seduction with a slinky lyra routine incorporating floor work, low lyras and flirty aerial combos. Suitable for all levels - beginners to more experienced welcome. Tights required, heels encouraged.

Lyrical Choreo: Connect with the music and let your emotions flow in this lyrical pole workshop with Nomes. Perfect for those who want to express the beauty of the song through fluid, graceful movements. This workshop will help you bring the lyrics and melody to life, combining strength, flexibility, and storytelling. All levels welcome—come ready to feel the music and dance with your heart!

Magic Mean Girls: Get ready to sleigh this holiday season with a cheeky routine inspired by Mean Girls! These "Ginuwine" Mean Girls are bringing the sass, and someone even added a little "Pony" to their playlist. Suitable for all levels. Festive vibes encouraged!

Magic Mike: Unleash your inner Magic Mike with this confident and seductive masculine choreography. Set to the smooth beats of "Pony" by Ginuwine, this workshop will have you strutting, grinding, and owning the floor. Bring your bold energy and let the music guide your irresistible moves. Suitable for all levels.

Mean Girls Chair Dance: "I'm not a regular workshop; I'm a cool workshop!" Join Ruth for a cheeky, Mean Girls-inspired chair routine to *Jingle Bell Rock*. Festive outfits are encouraged, and heels are optional as you channel your inner Plastic. Suitable for all levels, this workshop will have you feeling fetch this holiday season!

Merry Swiftmas: This holiday season, Santa's bringing a special gift for all you Swifties! Join Kaitlyn for a soulful, contemporary-inspired routine to "*The Smallest Man Who Ever Lived*" from Taylor Swift's *Tortured Poets* album. Feel the emotion and beauty of this heartfelt song through graceful choreography that captures its deep, reflective vibe. Whether you're a Swiftie or just in the mood for a soulful flow, this workshop will add a little holiday magic to your dance.

Merry Twerkmas: Get ready to shake and twerk your way into the holiday spirit with Jess! This playful and fun booty workshop is all about embracing your natural rhythm while adding some festive flair. Whether you're a twerk pro or a first-timer, you'll learn the basics and build up to some playful, booty-shaking moves to get you in the mood for

the holidays. Expect plenty of laughs, a whole lot of fun, and some seriously festive vibes. Come join Jess for a jolly good time this Christmas!

Merry X-Mas Ya Filthy Animal (Rated X Pole Choreo): Get ready to turn up the heat in this naughty, X-rated pole choreo workshop with Casey! Set to the sassy beats of "Bells Bows" by Todrick Hall, this all-levels class is packed with dirty, cheeky flair and plenty of holiday sass— perfect for those who want to get down and dirty in the festive spirit.

Mistress for Christmas: Get ready to rock out with Casey in this heels choreo workshop set to "Mistress for Christmas" by AC/DC! With a mix of sass and holiday spirit, this all-levels class will have you rocking the halls this Christmas.

Musicality: Discover the art of moving with the music in this creative workshop! Nomes will guide you through techniques to interpret rhythm, melody, and mood, helping you connect with the music on a deeper level. Perfect for enhancing your flow and adding emotional depth to your routines. Suitable for all levels!

Naughty List Dance Dirty: Join Kaitlyn for a playful and cheeky heels choreography workshop that's sure to land you on Santa's naughty list. With flirty moves and sexy vibes, this class is all about having fun and letting your sassy side shine. Heels required—let's sleigh this holiday season!

Naughty List Xmas Striptease: Put the X in X-Mas this year. In this workshop you'll learn a sensual strip tease routine suitable for all levels. Bring a robe and layers to lose! Everyone should feel sexy this Christmas! Xoxo.

Needles and Eagles: This workshop is dedicated to helping you achieve or perfect a needle scale (standing split). This is a move that requires both backbend and split flexibility. Learn drills and techniques to safely work towards achieving this impressive move! In the second half of the workshop we'll take this skill onto the pole and learn entries to Eagle. Best suited to people with intermediate-advanced flexibility.

Picture Perfect Posing (AERIALS): This workshop is all about nailing that picture perfect aerial pose for your next photo shoot! Often, the simple poses make for the best photos! In this workshop you'll learn some easy to achieve aerial poses on tissu and/or lyra and work on how to use them to show you off at your best! This workshop is run in collaboration with Ninie Vo Photography and all participants will get one edited photo as part of this workshop! All levels welcome!

Picture Perfect Posing (POLE): This workshop is all about nailing that picture perfect pole pose for your next photo shoot! Often, the simple poses make for the best photos! In this workshop you'll learn some easy to achieve pole tricks and poses and work on how to use them to show you off at your best! This workshop is run in collaboration with Ninie Vo Photography and all participants will get one edited photo as part of this workshop!

Pole on Wheels Disco Groove: Think heels are fun? Wait until you try wheels! This beginner-friendly workshop combines fundamental roller pole moves with a quirky routine set to "Shake Your Groove Thing." Bring your roller skates and some prior skating experience, and get ready to roll, spin, and groove like never before!

Pole Strap: In this workshop, you'll explore the pole strap, a unique piece of equipment that combines pole dancing with circus-style acrobatics. Attached to the pole, the strap allows you to perform gravity-defying moves and smooth transitions. Sasha will guide you through a series of exciting tricks that will make you feel like you're flying around the pole. This is the perfect opportunity to add a new dimension to your pole skills and challenge your strength and flexibility!

Power Pole: Learn how to work towards some of the biggest power pole tricks out there. Phoenix, deadlifts, fonji, dynamic switches, shotgun press and more! Students must be comfortable with shoulder mounts and handsprings.

Pretty Poses - Aerial Silks (Tissu): Learn some simple, elegant and pretty poses on silks close to the ground. Suitable for students who have completed at least one term of level 1 aerials/pole or equivalent, no inverts involved. Beginner Friendly!

Rockin' Christmas: Join Casey for a high-energy pole routine to "Christmas (Baby Please Come Home)" by The Offspring! This all-levels workshop brings festive rock vibes with plenty of flair—perfect for celebrating the season in style!

Rollin' around the Xmas Tree! Come and roll around the Christmas tree with Jess! This fun, quirky spin routine is suitable for all pole levels, but basic level of roller skating is required. Get your wheels rollin' and Christmas spirit flowin'! BYO Roller Skates.

Russian Roulette Lap Dance Choreo: Spice things up with this sexy beginner lap dance workshop! Santis will guide you through a sultry routine designed to boost your confidence and bring out your inner vixen. Bring a scarf or similar as a prop ;) Beginner Friendly!

Save My Split Grip!: Split Grip is one of the most important grips for polers, but it's a tricky one to nail! It can also be a common source of injury if not trained correctly. This workshop is part lecture style, part practical. It will focus on the fundamentals of split grip, and provide tips on how you can progressively and safely train for this move. We'll apply the learnings to better understand the progression of core split grip tricks from our level 1-9 curriculum, from split grip stands, to double arrows, to butterfly and handsprings. Whether you're just learning to split grip, or an experienced poler wanting to improve your knowledge and technique - there will be something in this workshop for you!

Sexy Spin: Turn up the heat with this energetic spin pole choreography workshop! Rock your heels and dive into dynamic, sultry combos that blend power, grace, and sensuality. Get ready to unleash your sexy side while keeping the spin pole in motion!

Shapes on Spin: Join Sarah for this all-level tricks workshop using the spin pole. Learn to make fun and interesting shapes with your body on spin pole then try linking them together to form impressive spinning combos! Suitable for all levels – options will be given depending on your ability.

Shoulder SOS: Shoulder strength and stability is key for injury free movement and pole progression. In this workshop you'll learn how to keep your shoulders in optimal working condition. We'll explore shoulder prehab, off and on pole conditioning as well as exercises for strong shoulder mobility. Make your shoulders bullet proof!

Sleigh it For the 'Gram (Exotic & Dance Dirty): Own your place on the naughty list and 'sleigh' it this Xmas! This course is all about self-love, embracing your sensual side and building confidence! Learn a cheeky routine in workshop Part A, then work it for the camera in workshop Part B! As a part of this course, every student will take home their very own individual highlight reel - for the 'gram! Heels and your hottest Xmas outfit encouraged. This is a 2-part workshop - you must book Part A and Part B.

Sling Tricks: Step into the air and explore the magic of aerial silks in this beginner-friendly workshop! With the silks tied at the bottom to create supportive loops, Ali will guide you through foundational tricks designed to build confidence and strength. Perfect for newcomers to aerial silks, this class focuses on fun, accessible moves that will have you soaring in no time.

Slow Flow: A contemporary style choreo workshop incorporating the spin pole. In this workshop you'll focus on flowing through your movement and connecting with an audience. Designed to be danced bare foot. Suitable for all levels

Spatch and Snatch: The Spatchcock is one of the most coveted tricks for polers, in this workshop you will learn the basics of this show-stopping trick, with highly tailored and tested drills and progressions towards similar shapes such as tulip and plus sign. This workshop is suitable for levels 8 and above.

Spin 1 (Beginner) Pole Tricks: Start from the beginning and learn the ins & outs of spin pole! In this workshop you'll work on beginner level climbs and sits & learn how to control your speed on the spin pole. Link your tricks together to create beautiful sequences. Beginner friendly!

Spin 2 (Intermediate) Pole Tricks: In this workshop you'll work on safely going upside down (inverting) on the spin pole, controlling momentum, as well as linking some fun tricks together into longer combos! You must be confident inverting on a static pole to participate in this workshop.

Spin 3 (Advanced) Pole Tricks: For those that are comfortable inverting on the spin pole and ready to take your tricks to the next level! Learn fun and challenging spin pole tricks and combinations! You must be strong in aerial inverts, leg hangs and laybacks on the spin pole to participate in this workshop.

Spins on Static: Join Sarah to master the art of graceful spins on a static pole! This workshop focuses on flowing transitions and spin techniques to elevate your static pole skills. Perfect for anyone wanting to add more elegance and fluidity to their pole repertoire.

Splits Stretch Intensive: Work toward your dream splits with this focused stretch class led by Tri! Learn safe and effective techniques, along with helpful tips and tricks, to deepen your flexibility and get closer to achieving those beautiful splits. Perfect for all levels looking to improve their mobility and control.

Spread the Cheer: Join Tri for an intermediate to advanced workshop focused on split tricks, straddles, and flexy pole poses! Perfect for all you flexy babes confident with inverts and leg hangs. Spread your legs and some cheer in this cheeky trick workshop!

Sultry Sling: Unleash your inner vixen in this beginner-friendly aerial hammock workshop! Learn a sensual choreographed routine that combines flowing transitions, slinky shapes, and dynamic poses to bring out your sultry side. Perfect for those new to aerial or looking to explore a sexy, confident style in the air. Kneepads are required, and heels are recommended (or swap them for socks). Come ready to sway, slay, and leave feeling empowered!

Techno Tumbles: This advanced tricks workshop explores tumbles and dynamic tricks and transitions down the pole with Stevie! Must be confident in aerial inverts, extended butterfly and body switches.

Upside Down!: Get creative and inverted (without inverting)! Learn new shapes, climbs and transitions upright and upside down! Safely navigate the pole in new ways and start your upside-down journey without the need for inverts. If you want to explore the upside down world of pole then this course is perfect for you!