



Bored of your 9-5 day?

Join SA's
leading pole studio,
where **losing weight, getting
flexible and increasing confidence**
is part of the fun!

BodyMind Studios® South Africa's leading pole studio

Learn to pole dance and tone your body at the same time! Our classes will not only help you to lose weight, sculpt your body and feel sexy, but you will make some great friends! We have a classes for all levels – From beginners to advanced, and cater for students of all shapes and sizes. °

BodyMind Classes

- Pole Dancing - We cater for all levels, from beginner to advanced.
- Dance /Fitness - Includes burlesque / dance and workout.
- Aerial Yoga - Stretch and strengthen in zero gravity.

Class Times

Fairlands Timetable

Monday	5.30 pm	Pole Beginners
	6.15 pm	Pole Intermediate
	7.00 pm	Pole Beginners
Tuesday	5.30 pm	Aerial Yoga*
	6.15 pm	Pole Beginners
	7.00 pm	Burlesque Dance
	7.30 pm	Pole Advanced
Wednesday	5.30 pm	Aerial Yoga*
	6.15 pm	Pole Beginners
	7.00 pm	Pole Intermediate
	7.45 pm	Pole Champs Training
Thursday	5.30 pm	Pole Beginners
	6.15 pm	Stretch & Conditioning
	7.00 pm	Pole Advanced
Saturday	8.30 am	Open Pole (all levels)
	9.15 am	Aerial Yoga*

*Booking Essential

Please note: Our studios are closed on Public Holidays
Class times are subject to change without notice.

Faerie Glen Timetable

Monday	4.15 pm	Aerial Pilates
	5.00 pm	Restorative Aerial Yoga
	5.00 pm	Pole Beginner/Intermediate
	5.45 pm	Pole Fit
	6.30 pm	Pole Beginner
Tuesday	7.30 am	Aerial Pilates
	5.00 pm	Aerial Yoga
	5.00 pm	Pole Beginner
	5.45 pm	Pole Intermediate
	5.45 pm	Aerial Yoga
	6.30 pm	Pole Advanced
Wednesday	4.15 pm	Pole Beginner
	5.00 pm	Pole Intermediate
	5.00 pm	Restorative Aerial Yoga
	5.45 pm	Pole Flow
	5.45 pm	Aerial Flips & Tricks
Thursday	5.00 pm	Pole Fit
	5.45 pm	Pole Beginner / Intermediate
	5.45 pm	Aerial Yoga
	6.30 pm	Pole Advanced
	6.30 pm	Aerial Yoga
Saturday	9.00 am	Aerial Yoga
	10.00 am	Pole Fit & Conditioning. All levels.

Membership Fees

Pay per Class

R150

Trial / Drop-in
class

5 Class

Pole Taster Package /
Aerial Yoga Package

R500

Valid for one month

Incl. Reg worth R200!

New ladies only

12 Class Pass

R1440

Valid for 6 months

2 Classes p/week

R550 p.m*

*12 Month auto
debit

2 Classes p/week

R650 p.m*

*6 Month auto debit

4 Classes p/week

R750 p.m*

*12 Month Auto
Debit

4 Classes p/week

R850 p.m*

*6 Month Auto Debit

VIP Unlimited
Classes

R950 p.m*

*12 Month Auto
Debit

Free studio practice

Pole shorts

Once-off
Registration fee

R200

*All 6 and 12 Month
Contracts

Memberships

- Choose which classes you want to attend! (Each class counts as one class)
Pole, Burlesque, Dance, Fitness, Aerial Yoga, Booty Barre, Bums and Tums.
- Join when you want! Contracts are valid for a full month from date of joining. If you join on the 15th, it's valid until the 14th of the following month.
- Fees need to be paid cash/EFT in full, or debit order only. NO EXCEPTIONS.
- Classes cannot be carried over to the next month, but they can be made up during the month.
- On cancellation of contract, the remaining fees are to be paid IN FULL.
- No refunds or discounts given on classes not attended!
- Memberships may be placed on hold for min. 1 month to max. 2 months. Fees are still payable during the suspended time, but the time will be added at the end of your contract.
- One month notice required to cancel your membership once it has expired.
- You can upgrade your contract to more classes per week, or to a longer contract, but you cannot downgrade to a lower or shorter package.



Contact Details

Fairlands Studio

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Zotos House , Cnr Smit & 5th Ave

Fairlands, Johannesburg

(close to Randburg/Roodepoort)

Faerie Glen

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laura@bodymind.co.za

1st Floor, Glen Village North

Cnr Solomon Mahlangu

& Olympus Drive, Faerie Glen

Pretoria East

To **book a trial class** or to get started, simply go to our website and complete the online form at www.bodymind.co.za/get-started
We will send you an email with confirmation of your booking!

Looking forward to having you join us!

BodyMind Studios

www.BodyMind.co.za

