



Dance.  
Get fit.  
Have fun!

## Introduction to Pole Dancing

Saturdays 17 June & 09 Sept 1:00-2:00pm

3D Fitness Studio is under new ownership and we would love to open our doors to Darwin!

We are hosting two Introduction to Pole Dancing classes to give you a flavour of what our studio has to offer!

Come and join us for some fun and laughter as we show you some basic pole dancing moves and put together a simple routine!

We can't wait to see you there.

**Location:** 3D Fitness Studio - Unit 3, 11 Miles Road, Berrimah

**Bookings essential!**

**Contact:** Message 3D Fitness Studio via Facebook  
or [dance@3dfitnessstudio.com.au](mailto:dance@3dfitnessstudio.com.au)

**Cost:** \$5 per person per session

BYO  
water  
bottle &  
towel



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