

Pole Dancing Lessons Auckland



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Auckland's favourite dance studio! Viva Dance, located in central Auckland, is all about making dance fun and accessible for all, because we know that dance is for EVERY body. No matter your age, ability, wishes, hopes and dreams, dance will get you there.

Viva Dance

to a magical affair right here at Pole RevolutionZ! You'll be talking about it for weeks!... Come join us in our tranquil pole paradise, as we laugh and groove the hours away. We can also rig aerial silks and lyra! Includes Champagne, full lessons and demonstrations, A beautiful performance by your host...

POLE REVOLUTIONZ Auckland Aerial Arts Academy - HOME

North Shore Pole Fitness is the perfect place if you're in the mood for trying something new, or already have a few tricks up your sleeve. We can make you an acrobat, a dancer, or both!

North Shore Pole Fitness - North Shore Pole Fitness

At our core, we are a pole dance and fitness studios based in Christchurch, Auckland and Whanganui. We believe that fitness should be fun, empowering and social.

Pole dancing classes | Altitude Pole and Fitness | New Zealand

Pole Dancing is a great Auckland hens party activity to do and our studio is near K-road, Newton and Ponsonby Road in Auckland. What's Involved in Pole Dancing Auckland Class? You will be taught by the best instructors in town and class takes 50 min. Experienced instructor and lots of swinging.

Pole Dancing in Auckland - Twist and Turn in a this Fun ...

Dance Styles; Timetable; All Classes; Viva Kids; Prices; Membership; Studio Hire; Hens Parties; Wedding Lessons; FAQs; Ts & Cs; ... Pole Beginner Tuesdays (May-Jul) Studio 5 (Pole) Week 1 Tue 21 May 7:00 pm - 8:00 pm. ... Viva Dance - 10 Newtown Road, Auckland Central 1010.

All Classes | Viva Dance

Viva Pole - 10 Newton Rd, Auckland, New Zealand 1010 - Rated 5 based on 11 Reviews "Viva pole has been one of the best and most steady parts of my life..."

Viva Pole - Home | Facebook

p o l e t o n i c F i t n e s s : Pole Tonic About Timetable & Pole Core Work HENS PARTIES - BIRTHDAYS - EVENTS ZenFit Health & Fitness Resources - FREE! POLE IS YOUR TONIC! AUCKLAND, ROTORUA - LIVE AND ONLINE CLASSES, WORKSHOPS AND HENS/PARTY CLASSES. Master Trainer Suzanne Sweeney. SPACE IS LIMITED, TO BOOK - CALL, TEXT OR EMAIL MOBILE: 021 ...

p o l e t o n i c F i t n e s s - Pole Tonic

Altitude Pole Auckland offers all sorts of fitness based classes in pole dancing, hula hoop, Antigravity Yoga and contortion based in the Northshore. Altitude Pole Auckland offers all sorts of fitness based classes in pole dancing, hula hoop, Antigravity Yoga and contortion based in the Northshore. ...

Altitude Pole - Pole Dancing Classes Auckland, North Shore

Open Jam/Freestyle = Open, Non-tutorial Pole, Silk & Lyra Jam This is a great chance to come into the studio and get some extra practice time in during the week. POLE CLASSES Beginners - Advanced - Masters

TIMETABLE - POLE REVOLUTIONZ Auckland Aerial Arts Academy

Pole dancing used to have a shady image, but nowadays more people turn to it because it is a great way to work out. The general benefits of pole dancing include weight loss, muscle toning and an increase in core strength. This exercise gives results very quickly, you will learn new moves and you

will see muscle toning in a relatively short time.

Pole dancing classes in Auckland, New-Zealand

At Pole Fitness Studio - Las Vegas - Our certified instructors will make you feel comfortable and welcome as they teach you classes in pole dancing, lap dancing, striptease, ballet, ballroom, boot camp, gogo dancing, yoga, and more! We will help you lose weight, tone your entire body and feel energized.

Pole Fitness Studio — Class Descriptions

X-Pole are World leaders in the supply of Dance poles, and have led the innovation in Pole Dance and Aerial equipment for both home and studio use since our creation 15 years ago. New Zealand proudly started X-Pole New Zealand in 2010.

Home - X-Pole NZ Limited

Auckland's Inner City Aerial Studio. Home. Schedule

swing360polestudio

About our Pole Party Studio! Hens parties, birthdays, team building exercises, girl's night out, even divorce parties are all a great time to get the girls together and give pole dancing a try. This is something different and fun to do on your girl's night out and caters for any age and fitness level.

Pole Party

Along with pole dance, we offer stiletto class, chair dance, and floor work. We also offer classes in flexibility training, upper body conditioning, aerial silks, Lyra aerial hoop, and aerial yoga. Please take a few minutes to read our class descriptions to see the wide variety of styles we offer at North Shore Pole Fitness.

North Shore Pole Fitness - Welcome Page

Body Electric Pole Dance Studio, Wellington, welcomes you to discover the beautiful art of pole dancing. Pole Dance classes are a fun way to get fit and feel great. The typical pole class student is - well, anyone! We have students, mums, professionals, fitness buffs and non-sporty types attending our classes. Age, fitness level and size is no ...

Body Electric Pole - Home

At Polaris Pole Dance you'll enjoy our exciting, creative and inspiring lessons, and get an awesome complete body work out while having a whole lot of fun! Classes are perfectly suited for absolute beginners through to experienced pole artists, and are held at our beautiful central city studio.

Polaris Pole Dance

North Shore Pole Fitness - 245 Hinemoa Street, Birkenhead, Auckland, New Zealand 0626 - Rated 5 based on 23 Reviews "North Shore Pole Fitness is the most...

North Shore Pole Fitness - Home | Facebook

ONYX Fitness Studio provides Pole Sport / Pole Fitness, Barre Ballet, Flexibility + Extreme Stretching and Yoga classes, in both group and one-on-one settings.

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