

BODY LANGUAGE

BY BRIANNA PEARL



POLE DANCES IN THE HINTERLAND

POCKET POLE
TRAINER APP
NOW LIVE!

SEMI-PRIVATE CLASSES

PRIVATE
STUDIO
HIRE

*Intimate Class (3-4) Format Designed to
FAST-TRACK YOUR POLE PROGRESSION*

MONDAY

4PM Form A - Tricks (level 2&3)

5PM Tech & Transitions (Open)

6PM Form B - Tricks (level 2&3)

TUESDAY

4PM Endurance - Spin (level 2+)

5PM Fortify - Tricks (level 4&5)

6PM Foundations - Tricks (level 1)

THURSDAY

5:30PM: Mobility Moves (Open)

6:30PM: Art-iculate Choreo (2+)

FRIDAY

11AM: Foundations - Tricks (lvl 0&1)

PRIVATE 1:1 & GROUP
COACHING (COORABELL)

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Brianna Pearl is a certified & experienced Strength & Conditioning Coach, Advanced Pole Dance Instructor, Choreographer & Creative Director, Mobility & Flexibility Specialist, Integrative Health Coach & Biomedical Yoga Practitioner.