



FLYING DOLLS POLE DANCE STUDIO

GENERAL INFORMATION
PRICELIST
& BOOKING POLICIES

P O L E D A N C E C H O R E O G R A P H Y C O N T O R T I O N F L E X I B I L I T Y

General Health & Safety

Like any other sports and activities, our sessions can be physically intense.

We highly recommend refraining from taking any of our classes if you suffer from serious physical conditions or injuries.

If you are unsure that our classes are for you, you can talk to us in person on your first visit and/or obtain a physical examination from a doctor before participating in any exercise activity.

When starting a new activity for the first time, you will naturally experience sore muscles and some discomfort.

In Pole Dancing especially, it is natural to have pain and bruising often.

We provide a safe environment, using the right techniques to teach and take the appropriate safety measures in instructing our students to train safe and progress step by step.

Though possible injuries may occur due to the nature of the sport, it may take some time for your body and mind to adapt to new exercises and class flow, a fact which is completely normal.

BENEFITS OF OUR CLASSES FOR FITNESS and/or DANCING

- INCREASE SELF ESTEEM • BECOME PART OF SISTERHOOD
- WILLINGNESS TO TAKE CHANCES
- BUILDS MUSCLE • INCREASE STRENGTH • TONE YOUR ABDOMINALS
- INCREASES FLEXIBILITY • RELEASE ENDORPHINS: THE HAPPY HORMONE
- IMPROVE COORDINATION • FREEDOM OF SELF EXPRESSION
- A FUN WAY TO EXPERIENCE WEIGHT LOSS • BURNS FAT
- REDEFINE HOW YOU SEE YOURSELF

Studio Etiquette and Video/Social Media exposure Policies

Respect your fellow students and your instructors. Flying Dolls is an open and safe space. Our team has a zero tolerance policy for inappropriate treatment of others.

Please do not practice any tricks or combos during class that are not being taught during that time. Respect the role of your instructor and the programme of the class. For safety reasons, it is dangerous if the trick or combo is not being shown and described appropriately by the instructor.

Our instructors prepare the context of the class beforehand according to participants and theme of the class. With your own co-operation towards your instructor and your classmates, the class can flow efficiently and safely for everyone's benefit and comfort.

Please do not practice in between classes gap time.
Open classes practice time is not free of charge (except on specific packages) and has scheduled time slots.

During open classes you are free to practice anything you like. We encourage you to try this time offered to grow out of your comfort zone and discover your own personal style. In case you are trying an advanced trick, combo or dance you are not sure about, we suggest getting help and advice from your instructor or the person in charge. Please do not forget to use a crash mat.

Recording of instruction is allowed.
Please be sure to talk to your instructor or the person in charge first.

Before posting online, please get permission from all individuals in the shot. Please tag the studio and give credit if you post any material from our space i.e. photos, videos or story posts on social media platforms.

Attire Required for Class

Pole Dance & Heels Dance Class: Wear a pair of shorts and a tank top. On heels classes leggings and t-shirts are also comfortable. Avoid hand and body lotion on the day of class.

Remove all piercings and jewellery before class. Bare feet or heels (according to class theme) and knee protection is optional.

Stretching & Flexibility: Comfortable stretchy clothing, you can wear leggings or socks if you prefer/ Sometimes you will need to be on bare feet for some exercises. Knee protection is optional. Although we provide supportive equipment, it is recommended to bring your own for hygienic reasons: Yoga mat, exercise blocks, straps and loop.

Registration, Class Attendance & General info

You must register for classes in advance. We cannot guarantee a spot to walk-ins.

Students are required to inform us of any illness, pregnancy, injuries, or pre-existing conditions.

Our class and individual spot schedule is finalized once the student chooses their preferred hours and days.

We strongly suggest staying consistent with your class schedule in order not to miss class context and slowdown your personal progress as replacement of classes can be challenging due to high demand and specific time slots assigned to each individual.

Please choose the package that suits you - no modifications can be made on pricing since they are fixed accordingly. Packages are modified only on these occasions*.

We understand there are a variety of reasons beyond your control to miss your class or arrive late. As a private group service, changing bookings or refunds is not available, especially when each pole is reserved to one person only.* Sharing poles is an occurring custom mostly featured in Workshops.

We recommend arriving 10' earlier so you do not miss your warm up and the flow of the class. Risk of injury is great when the body is not prepared accordingly.

We ask that you respect the instructor and students already in, by showing up on time avoiding disruption and slowing down the class.

On single day public holidays, it is the right of the studio to be non-operational like all other businesses.

During long holidays such as Easter and Christmas, when the studio the studio is non-operational for more than a single day, the prices are then adjusted accordingly. In other cases such as cancellation due to unavailability of our instructor because of sickness / other personal reasons, the classes will be rescheduled.

*More detailed information about booking and payments are listed in the pages following our pricelist.

FAQs

Do I need a background in Dancing?

No you do not! You can learn everything from beginner level and up in your own pace and personal liking. Our studio offers beginners, intermediate to advanced level classes.

Do I need to be strong and flexible to attend?

Pole dance, heels dance classes are built in a way that you will firstly gain strength, stability, mobility and technique, while also increasing your flexibility, but as a secondary element.

If you are taking Pole Dance classes, we strongly suggest combining your training with our Contortion and Flexibility sessions which are also independent and can be attended without already attending our Pole and Heels dance classes. In person and online sessions are offered throughout the year for this class only.

Pole Dance is focused on strengthening first through targeted exercises along with elements such as dance movement around the pole, including spins, tricks, floorwork, inversions and aerial tricks.

Contortion and Flexibility class is focused specifically on exercises needed to increase your body ability to be flexible, focusing on specific muscles. This class will actively and fully help you increase your mobility on the Pole or whatever kind of sport or dance you are practicing in or out of our studio.

What time should I arrive?

We suggest arriving 10-15 minutes earlier. This policy is also created for your own safety since a proper warm-up is mandatory to have a successful training, staying safe, injury-free and complete the flow of our classes from start to finish for a pleasant and rewarding experience.



Price List

Pole Dance

1 session p/w	88€
2 sessions p/w	128€
3 sessions p/w	155€
4 classes p/w	190€
1 session / drop in	25€

Heels Choreography

Tuesdays 20:30

1 session p/w	75€
1 session / drop in	25€

Contortion & Flexibility

Thursdays 20:30

1 session p/w	65€
1 session / drop in	25€



Pole Dance Studio



Pole Dance Studio

FURTHER INFO ON CLASSES & LOCATION

- Open Class is offered free of charge with package of 3 classes per week and up.
- Contortion & Flexibility is available on site and online in different periods around the year.
- Workshops operate only during the weekends.
- Please familiarize yourself with our studio policies prior to your visit (available on the next page).
- Location & Parking: Please note that our studio is located in central Nicosia on a very busy road. We suggest you check Google Maps or Waze first before starting to drive towards us , in order to plan your journey on time and not to miss the warmup! Parking is available behind our studio in Aiantos street, behind Fun Philosophy kinderkarten and Petrolina gas station (Petrolina is accessed through located in Georgiou Griva Digeni Avenue and can take you straight into Aiantos street). Alternative parking option is Katswni street, located next to our studio road.

Flying Dolls PDS is a registered logo and trademark.

fdpoledancestudio.com

Facebook.com/flyingpoledolls

Instagram: @flyingdolls_nicosia

STUDIO POLICIES

Our studio policies help us maintain a safe space for our community while maintaining the integrity of our small business.

We have the experience and every intention in serving you in the best way possible and we kindly ask that you do the same by reading and respecting our studio policies.

- Our studio works with pre-bookings for all classes. Upfront payment is needed in order to attend our classes. You can book through the PunchPass app or in person while visiting us.
- There are no monetary or credit refunds offered for cancelled or no-shows to classes. Absolutely no exceptions.
- Please do NOT text the studio for last minute cancellations. You can manage your classes through our booking app (PunchPass) - rules and waiver apply.
- Please do not proceed with any payment unless you agree with the packages and rules.
- Students with any unpaid cancellation or no-show fees will not be allowed to register for classes.
- Please keep in mind that our studio is a small business offering semi private service with limited spots in each class.
- Please be mindful and fair to your fellow students who might be on the waitlist for spots to come available.
- Flying Dolls PDS, its owner and instructors, reserve the right to refuse service to any individual for any reason deemed necessary.

❤️ Don't forget to follow us on Instagram @flyingdolls_nicosia 🥰

💌 Thank you for reading and we hope you will enjoy our classes.

🦋 Your flying journey starts with us!

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Pole Dance Studio

KYRIAKOU MATSI 10
1082 NICOSIA
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