

TERM 1 2025

BELLA'S POLE STUDIO Adamstown

PM	Monday	Tuesday	Wednesday	Thursday
04:30	open gym			open gym
05:30	POLE I1			SILKS L5 advanced
06:30	STRETCH AND FLEX	SILKS L2/3 low inter	LYRA L5 advanced	SILKS L4 intermediate
07:30	STRAPS L1 high inter	STRAPS L1 beginner	POLE I2	LYRA L3 intermediate
08:30	LYRA L4/5 high inter	POLE I2/3		LYRA L2/3 low inter

Book in with Bella on 0402028438

Head to www.bellaspolestudio.com.au for more info

DM me for private + semi private bookings
(@belacey on Instagram)