

TERM 4 2025

BELLA'S POLE STUDIO Adamstown

PM	Monday	Tuesday	Wednesday	Thursday
04:30	open gym			pole jam
05:30	open gym			SILKS L5 advanced
06:30	STRETCH AND FLEX	SILKS L3 intermediate	LYRA L5/6 advanced	LYRA L1 beginner
07:30	STRAPS L1 high inter	STRAPS L1 low inter	POLE I2/3	LYRA L3 intermediate
08:30	LYRA L4/5 high inter		SILKS L2 beginner	

Book in with Bella on 0402028438

Head to [www.bellaspolestudio.com.au](http://www.bellaspolestudio.com.au) for more info

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