

TERM 2 2026

BELLA'S POLE STUDIO Adamstown

PM	Monday	Tuesday	Wednesday	Thursday
04:30	open jam			open jam
05:30	LYRA L4/5 high inter			SILKS L5 advanced
06:30	STRETCH AND FLEX	SILKS L3/4 intermediate		
07:30	STRAPS L1 high inter	STRAPS L1 low inter	LYRA L1/2 beginner	LYRA L3 intermediate
08:30			SILKS L1 beginner	

search 'bella's pole studio' on the groovio app to book in

Book in with Bella on 0402028438

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

DM me for private bookings

(@belacey on Instagram)