

TERM 4 2026

BELLA'S POLE STUDIO Adamstown

PM	Monday	Tuesday	Wednesday	Thursday
04:30	open jam			
05:30	LYRA L5 advanced			SILKS L5 advanced
06:30	STRETCH AND FLEX	SILKS L3/4 intermediate	LYRA L2 beginner	LYRA L4 intermediate
07:30	STRAPS L1 high inter	STRAPS L1 intermediate	LYRA L2/3 low inter	POLE B1 Beginner
08:30			SILKS L2 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)