

TERM 5 2026

BELLA'S POLE STUDIO Adamstown

PM	Monday	Tuesday	Wednesday	Thursday
04:30	open jam			
05:30	LYRA L5 advanced			SILKS L5/6 advanced
06:30	STRETCH AND FLEX	SILKS L3/4 intermediate	LYRA L2/3 low inter	LYRA L4 intermediate
07:30	STRAPS L1 high inter	STRAPS L1 intermediate	LYRA L2/3 low inter	POLE B1/2 Beginner
08:30			SILKS L2/3 low inter	

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)