

Studio Eden Term 1 Timetable - 15th January to 9th March 2024

Pole / Aerial Room										
	7am-8am	8am-9am	9am-10am	10am-11am	11am-12noon	4pm - 5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm
Monday						Open Practice 4.30pm - 5.30pm	Spin Pole 5.30pm - 6.30pm Cherri	Beginner 1 Pole 6.30pm - 7.30pm Anna	Pole Grooves 7.30pm - 8.30pm Cherri	Get Base-ic 8.30pm - 9.30pm Cherri
Tuesday				Intermediate/ Advanced Pole 10.30am - 11.30pm Nicole			Advanced Pole 5.30pm - 6.30pm Nicole	Pre-Advanced Pole 6.30pm - 7.30pm Nicole	Intermediate 3 Pole 7.30pm - 8.30pm Nicole	
Wednesday			MamaFit 9.30am - 10.30am Nicole	Mixed Tricks (All Levels) 10.30am - 11.30am Nicole	Stretch n Flex 11.30am - 12.30pm Nicole	Fly Gym 4.30pm - 5.15pm Irene	Mixed Tricks (All Levels) 5.30pm - 6.30pm Nicole	Sexy Low Flow 6.30pm - 7.30pm Bonnie	Intermediate 2 Pole 7.30pm - 8.30pm Nicole	
Thursday			Stretch n Flex 9.30am - 10.30am Danyelle	Sensual Flow 10.30am - 11.30am Danyelle		Open Practice 4.30pm - 5.30pm	Tricks & Transitions (Inter & Above) 5.30pm - 6.30pm Cherri	Pole Grooves 6.30pm - 7.30pm Cherri	Intermediate 1 Pole 7.30pm - 8.30pm Cherri	
Friday								Lyra/Aerial Hoop 6.30pm - 7.30pm Maddison		
Saturday			Stretch n Flex 9.00am - 10.00am Anna / Naomi	Open Training 10.00am - 11.30am						
Fitness / Dance Room										
Monday						Conditioning for Pole 4.45pm - 5.30pm Cherri		Floorwork 6.30pm - 7.30pm Cherri		
Tuesday	Studio Available for Hire during the day time hours from 6am to 4pm. Enquire to hello@studioeden.com.au for Daily or Hourly Rate						Beginner Sexy Flow 5.30pm - 6.30pm Danyelle	Melt-ography 6.30pm - 7.30pm Danyelle	Basework 7.30pm - 8.30pm Cherri	
Wednesday							Stretch n Flex 5.30pm - 6.30pm Irene <small>(commencing from 24.1)</small>	Spin Foundations 6.30pm - 7.30pm Nicole	Dance after Dark 7.30pm - 8.30pm Bonnie	
Thursday								Chairography Mini 7.30pm - 8.30pm Bonnie	Beginner 2 Pole 7.30pm - 8.30pm Naomi	
Friday										
All Class Bookings MUST be made through MIND BODY to secure your booking. All classes that do not have a minimum of 3 booked students will be CANCELLED. Please call 0468 352 289 if you have any questions or email hello@studioeden.com.au										

8 Week Course Class

4 week Mini Course

Casual Class

Casual Class/ Complimentary Open Training with Course Purchase