

Studio Eden Term 3 Timetable - 6th May to 29th June 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	Feels in Heels 5.30pm - 6.30pm Gigi	Beginner 1 Pole 6.30pm - 7.30pm Anna	Meltography 7.30pm - 8.30pm Danyelle	
Tuesday				Intermediate/ Advanced Pole 10.30am - 11.30pm Emily			Advanced Pole 5.30pm - 6.30pm Cherri	Pre-Advanced Pole 6.30pm - 7.30pm Emily	Intermediate 1 Pole 7.30pm - 8.30pm Emily	
Wednesday			Kindy Gym 9.30am - 10.30am Maddison	Mixed Tricks (All Levels) 10.30am - 11.30am Kelsey	Stretch n Flex 11.30am - 12.30pm Kelsey		Mixed Tricks (All Levels) 5.30pm - 6.30pm Kelsey	Sexy Low Flow 6.30pm - 7.30pm Bonnie	Intermediate 3 Pole 7.30pm - 8.30pm Kelsey	
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 Andrea	Pole Grooves 6.30pm - 7.30pm Cherri	Intermediate 2 Pole 7.30pm - 8.30pm Cherri	
Friday								Aerial Ring (Lyra) 6.30pm - 7.30pm Bonnie		
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 Laura	Hand Balancing/ Acro 5.30pm - 6.30pm Laura	Floorwork 6.30pm - 7.30pm Danyelle	Burlesque 7.30pm - 8.30pm Naomi	
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	Spin Flow 6.30pm - 7.30pm Danyelle	Power Pole & Conditioning 7.30pm - 8.30pm Ann	
Wednesday							Spin Chorey 5.30pm - 6.30pm Bonnie	Spin Foundations 6.30pm - 7.30pm Kelsey		
Thursday							Get Base-ic 5.30pm - 6.30pm Cherri	Spin Pole 6.30pm - 7.30pm Andrea	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 5 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

Complimentary Open Training with Course Purchase