

Studio Eden Term 1 2025 Time Table 13th Jan to 9th Mar 2025

Pole / Aerial Room										
	7am-8am	8am-9am	9am-10am	10am-11am	11am-12noon	4pm - 5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm
Monday							Rhythm n Heels 5.30pm - 6.30pm Gigi	Spin Flow 6.30pm - 7.30pm Danyelle	Beginner Sexy Flow 7.30pm - 8.30pm Danyelle	
Tuesday				Inter - Advanced 10.30am - 11.30am Emily		Sensual Flow 4.30pm - 5.30pm Danyelle	Beginner 1 5.30pm - 6.30pm Candice	Hardstyle Sexy Flow 6.30pm - 7.30pm Sarah Bass	Intermediate 2 7.30pm - 8.30pm Candice	
Wednesday				Mixed Tricks 10.30am - 11.30am Andrea	Stretch 11.30am - 12.30pm Andrea		Mixed Tricks 5.30pm - 6.30pm Andrea	Pre Advanced Pole 6.30pm - 7.30pm Emily	Intermediate 3 7.30pm - 8.30pm Emily	
Thursday			Stretch & Flexibility 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 Cheri	Power Pole & Conditioning 7.30pm - 8.30pm Ann	
Friday										
Saturday			Stretch 9.00am - 10.00am	Open Training 10.00am - 11.30 am						

Fitness / Dance Room													
Monday								Floorwork 6.30pm - 7.30pm Gigi					
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						Open Practice 4.30pm - 5.30pm	Meltography 5.30pm - 6.30pm Danyelle	Beginner 2 6.30pm - 7.30pm Candice	Intermediate 1 7.30pm - 8.30pm Emily			
Wednesday									Floortricks 5.30pm - 6.30pm Bonnie	Spin Pole 6.30pm - 7.30pm Andrea	Advanced Pole 7.30pm - 8.30pm Andrea		
Thursday										Get Base-ic 5.30pm - 6.30pm Cheri	Performance Course with Andrea 6.30pm - 8.30pm Andrea		
Friday										Lyra 5.30pm - 6.30pm	Bend n Snap 6.30pm - 7.30pm Maddi		

All Class Bookings MUST be made through GROOVIO 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
Casual Class
Special Course - No member discount
4 week Mini Course