

Studio Eden Term 4 Timetable - 7th July to 30th August 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						Open Practice 4.30pm - 5.30pm	Pole Choreography 5.30pm - 6.30pm Nikki	Spin Flow 6.30pm - 7.30pm Danyelle	Meltography 7.30pm - 8.30pm Danyelle	
Tuesday				Intermediate/ Advanced Pole 10.30am - 11.30pm Emily		Back to Basics 4.30pm - 5.30pm Nicole	Beginner 1 Pole 5.30pm - 6.30pm Candice	Hardstyle Sexy Flow 6.30pm - 7.30pm Sarah	Intermediate 3 Pole 7.30pm - 8.30pm Nicole	
Wednesday				Mixed Tricks (All Levels) 10.30am - 11.30am Nicole	Stretch n Flex 11.30am - 12.30pm Nicole	Advanced Pole 4.30pm - 5.30pm Nicole	Pole Grooves 5.30pm - 6.30pm Nicole	Pre-Advanced Pole 6.30pm - 7.30pm Emily	Beginner 2 Pole 7.30pm - 8.30pm Emily	
Thursday				Stretch n Strength 10.30am - 11.30am Nikki	Pole Choreography 11.30am - 12.30pm Nikki	Open Practice 4.30pm - 5.30pm	Tricks & Transitions (Inter & Above) 5.30pm - 6.30pm Nikki	Pole Grooves 6.30pm - 7.30pm Cherri		
Friday						Kids Mixed Aerial 4.30pm - 5.30pm Chloe	Aerial Ring (Lyra) Course 5.30pm - 6.30pm Chloe	Pole Choreography 7.00pm - 8.00pm Nikki		
Saturday			Stretch n Flex 9.00am - 10.00am Ann	Open Training 10.00am - 11.30am						
Fitness & Dance Room										
Monday							Burlesque 5.30pm - 6.30pm Maddie	Floorwork 6.30pm - 7.30pm Nikki		
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	Spin Foundations 5.30pm - 6.30pm Nicole	Intermediate 2 Pole 6.30pm - 7.30pm Nicole	Intermediate 1 Pole 7.30pm - 8.30pm Candice	
Wednesday							Mixed Tricks 5.30pm - 6.30pm Cherri	Spin Pole 6.30pm - 7.30pm Nicole	Static Pole 7.30pm - 8.30pm Ann	
Thursday								Floor Tricks 6.30pm - 7.30pm Nikki		
Friday										
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

 4 week Mini Course

 Casual Class

 Complimentary Open Training with Course Purchase