

Studio Eden Term 3 2026 Time Table May 11 to July 5 2026

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 Chorey 5.30pm - 6.30pm Carmen	Beginner 1 6.30pm - 7.30pm Maddie	Meltography 7.30pm - 8.30pm Danyelle	
Tuesday				Inter - Advanced 10.30am - 11.30am Emily		Back to Basics 4.30pm - 5.30pm Nicole	Intermediate 1 5.30pm - 6.30pm Candice	Down n Dirty Mini Course 6:30pm - 7:30pm	Intermediate 2 7.30pm - 8.30pm Nicole	
Wednesday				Mixed Tricks 10.30am - 11.30am Nicole	Stretch 11:30am - 12:30pm Nicole		Pole Chorey 5.30pm - 6.30pm Ali May	Advanced Pole 6:30pm - 7:30pm Nicole	Static Pole 7.30pm - 8.30pm Ann	
Thursday				Spin Pole 10.30am - 11.30am	Aerial Lyra 11.30am - 12.30pm	Open Practice 4.30pm - 5.30pm	Tricks & Transitions (Inter & Above) 5.30pm - 6.30pm Cherri	Pole Chorey 6.30pm - 7.30pm Cherri	Get Base-ic 7.30pm - 8.30pm Cherri	
Friday										
Saturday			Power Pole & Conditioning 9am - 10am Ann	Open Training 10.00am - 11.30 am						
Fitness / Dance Room										
Monday							Urban Burlesque 5.30pm - 6.30pm Maddie	Spin Flow 6.30pm - 7.30pm Danyelle		
Tuesday	After hours pole training available outside of schduled class times. All Hours Access Memberships and booking via Gymmaster Or Enquire at hello@studioeden.com.au						Spin Foundations 5:30pm - 6:30pm	Intermediate 3 6.30pm - 7.30pm Nicole	Beginner 2 7.30pm - 8.30pm Candice	
Wednesday							Mixed Tricks 5.30pm - 6.30pm Nicole	Spin Pole 6.30pm - 7.30pm Ali May	Pre Advanced Pole 7.30pm - 8.30pm Ali May	
Thursday							Beginner Choreography Mini Course 5.30pm - 6.30pm Maddie	Pole Styles 6.30pm - 7.30pm Andrea	Mobility Magic 7.30pm - 8.30pm Andrea	
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 subject to CANCELLATION. 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