



# STUDIO EXHILARATE

## TERM 2 2025

## MARCH 17TH - MAY 25TH

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON			PRACTICE TIME Pole Room 4:30pm - 5:30pm
		PRACTICE TIME Lyra Room 5:30pm - 6:30pm	POLE STATIC Advanced 1 5:30pm - Kylie
	FITNESS Dance Fitness 6:30pm - Kylie		POLE STATIC Advanced 2 & 3 7:30pm - Kylie/Blair
		PRACTICE TIME Lyra Room 8:30pm - 9:30pm	POLE STATIC Advanced Prep 8:30pm - Lynn
TUES	FITNESS Ignite 5:45pm - Courtney		PRACTICE TIME Pole Room 5:30pm - 6:30pm
		CASUAL BEGINNER DANCE Contemporary/Lyrical 6:30pm - Keerya	
		LYRA Advanced 3 7:30pm - Kylie	POLE STATIC Beginner 2 7:30pm - Sharna
		LYRA Advanced 1 & 2 8:30pm - Jo	CASUAL BEGINNER HEELS Dynamic Pole Flow 8:30pm - Kylie
WED		PRACTICE TIME Lyra / Silks (Feb Only) 4:00pm - 5:00pm	
			PRACTICE TIME Pole (All Term) 5:00pm - 6:00pm
		LYRA Intermediate 1 6:00pm - Felicity	POLE STATIC Intermediate 1 & 2 6:00pm - Kylie
	FITNESS Dance Fitness 7:00pm - Christine		
THURS			PRACTICE TIME Lyra / Silks 8:00pm - 9:00pm
	BUNGEE Elite - Invite Only 5:30pm - Kylie		POLE SPIN Beginner 1 & 2 5:30pm - Sharna
	FITNESS Strong 6:30pm - Sharna		POLE SPIN Intermediate 1 & 2 6:30pm - Carina
	BUNGEE Beginner Dance 7:30pm - Courtney		POLE SPIN Advanced 2 & 3 7:30pm - Kylie/Blair
FRI		SILKS Intermediate 1 8:30pm - Kylie	POLE SPIN Advanced Prep 1 8:30pm - Lynn
	FITNESS Dance Fitness 9:30am - Kylie		
	BUNGEE Beginner Foundations 6:00pm - Courtney		POLE STATIC Beginner Foundations 6:00pm - Kylie
		SILKS Beginner Foundations 7:00pm - Courtney	LYRA Beginner Foundations 7:00pm - Kylie
SAT	FITNESS Ignite 8:00am - Kylie		
		PRACTICE TIME Lyra Room 9:30am - 10:30am	CASUAL AERIALS Aerial Fit 9:30am - Blair
			PRACTICE TIME Pole Room 10:30am - 11:30am