



STUDIO EXHILARATE

TERM 2 2026

MARCH 16TH - MAY 17TH

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON	FITNESS Dance Fitness 6:30pm - Kylie		
		LYRA Intermediate 2 / Beginner 2 7:30pm - Jo	POLE STATIC Elite / A3 7:30pm - Kylie/Blair
		MIXED AERIALS (Lyra & Silks) Beginner Foundations 8:30pm - Courtney	POLE STATIC Advanced 1 8:30pm - Lynn
TUES	FITNESS Ignite 5:45pm - Courtney		
	BUNGEE Intermediate Dance 6:30pm - Taylor/Courtney		POLE STATIC Beginner Foundations 6:30pm - Tazia/Kylie
		LYRA Elite 7:30pm - Kylie	POLE STATIC Beginner 2 / Intermediate 1 7:30pm - Sharna
		LYRA Advanced 1 & 2 8:30pm - Courtney	POLE STATIC Advanced 2 8:30pm - Kylie
WED		MIXED AERIALS (Lyra & Silks) Beginner Foundations 6:00pm - Sharna	POLE STATIC Intermediate 2 / Adv Prep 6:00pm - Kylie
	FITNESS Dance Fitness 7:00pm - Christine		POLE STATIC Beginner Foundations 7:00pm - Kahlia/Kylie
		SILKS Intermediate 2 & 3 8:00pm - Kylie/Courtney	POLE SPIN Beginner 8:00pm - Tazia/Kylie
THURS	FITNESS Strong 6:30pm - Sharna		POLE SPIN Advanced Prep / Inter 2 6:30pm - Carina
	BUNGEE Beginner Dance 7:30pm - Molly/Courtney		POLE SPIN Elite / A3 7:30pm - Kylie/Blair
		SILKS Beginner 2 8:30pm - Kylie	POLE SPIN Advanced 1 & 2 8:30pm - Lynn
FRI	BUNGEE Beginner Dance 6:00pm - Courtney		POLE STATIC Beginner Foundations 6:00pm - Kahlia/Kylie
		MIXED AERIALS (Lyra & Silks) Beginner Foundations 7:00pm - Courtney/Kylie	DROP IN DANCE Beginner Exotic Heels 7:00pm - Holly
SAT	FITNESS Ignite 8:00am - Kylie		
		DROP IN AERIALS Aerial Fit (Pole/Lyra/Silks) 9:15am - Kylie	DROP IN AERIALS Aerial Fit (Pole/Lyra/Silks) 9:15am - Kylie

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