



STUDIO EXHILARATE



SUMMER WEEK 3 - DECEMBER 30TH TO JANUARY 5TH

HAPPY
NEW YEAR

BUNGEE & FITNESS

LYRA & DANCE

POLE & DANCE

MONDAY
30TH

LYRA (all levels)
Revision Combos
6:00pm - Felicity

POLE STATIC (all levels)
Revision Combos
6:00pm - Lynn

LYRA (all levels)
Trending Tricks
7:00pm - Felicity

POLE STATIC (all levels)
Splits & Straddles Combos
7:00pm - Lynn

TUESDAY
31ST

HAPPY
NEW YEAR

CLOSED

WEDNESDAY
1ST

CLOSED

THURSDAY
2ND

FITNESS CLASS
Ignite
6:00pm - Courtney

BUNGEE
Routines & Combos
7:00pm - Courtney

POLE SPIN (all levels)
Spin Flow Combos
7:00pm - Lynn

LYRA (all levels)
Splits & Straddles Combos
8:00pm - Felicity

POLE STATIC (all levles)
Trending Tricks
8:00pm - Lynn

FRIDAY
3RD

CLOSED

SATURDAY
4TH

FITNESS CLASS
Ignite
8:00pm - Courtney

HAPPY
NEW YEAR