



STUDIO EXHILARATE

TERM 4 2026

AUGUST 3RD - OCTOBER 11TH

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON	BUNGEE Introduction (3 Weeks) 9:30am - Kylie		
	FITNESS Dance Fitness 6:30pm - Kylie		
		LYRA Intermediate 2 & 3 7:30pm - Jo	POLE STATIC Elite / A3 7:30pm - Kylie/Blair
			POLE STATIC Advanced Prep & 1 8:30pm - Lynn
TUES	BUNGEE Burn 9:30am - Molly		
	FITNESS Ignite 5:45pm - Courtney		
	BUNGEE Dance 6:30pm - Taylor		POLE STATIC Beginner 6:30pm - Sharna
		LYRA Advanced 3 7:30pm - Courtney	POLE STATIC Beginner Introduction 7:30pm - Tazia/Kylie
WED		MIXED AERIALS (Lyra & Silks) Beginner 9:30Am - Courtney	
	FITNESS Dance Fitness 6:00pm - Christine	MIXED AERIALS (Lyra & Silks) Beginner Introduction 6:00pm - Sharna	
	BUNGEE Burn 7:00pm - Molly		POLE STATIC Intermediate 1 & 2 7:00pm - Kahlia/Kylie
	BUNGEE Introduction (Fortnightly) 8:00pm - Rotation		DROP IN DANCE Pole Flow 8:00pm - Kylie
THURS	BUNGEE Burn 9:30am - Kylie		POLE STATIC Beginner 10:30am - Kylie
	BUNGEE Dance 5:30pm - Courtney		POLE SPIN Beginner 5:30pm - Sharna
	FITNESS Strong 6:30pm - Sharna	MIXED AERIALS (Lyra & Silks) Beginner 6:00pm - Courtney	POLE SPIN Advanced Prep 6:30pm - Tazia/Kylie
		SILKS Intermediate 4 7:30pm - Courtney	POLE SPIN Elite / A3 7:30pm - Kylie/Blair
FRI		SILKS Intermediate 2 8:30pm - Kylie	POLE SPIN Advanced 1 & 2 8:30pm - Lynn
	FITNESS Dance Fitness 9:30am - Christine		
	BUNGEE Introduction (3 Weeks) 5:00pm - Rotation		
	BUNGEE Dance 6:00pm - Courtney / Taylor		POLE STATIC Beginner Introduction 6:00pm - Tazia / Kylie
SAT		MIXED AERIALS (Lyra & Silks) Beginner Introduction 7:00pm - Courtney	POP UP POLE Dance / Tricks / Basework 7:00pm
	FITNESS Ignite 8:00am - Kylie		
	BUNGEE Power Hour (Coming Soon) 9:15am - Rotation		DROP IN AERIALS Aerial Fit (Pole/Lyra/Silks) 9:15am - Kylie
	BUNGEE Introduction (Fortnightly) 10:30am - Rotation		DROP IN DANCE Dynamic Heels (Fortnightly) 10:30am - Kylie

BOOK YOUR CLASSES ON THE GROOVIO APP

STUDENT SHOWCASE - SUNDAY OCTOBER 18TH