

STUDIO EXHILARATE

TERM 2 2024 - MARCH 4TH TO MAY 5TH 2024

BUNGEE & FITNESS

LYRA & DANCE

POLE & ACRO

MONDAY

FITNESS Boxing 5:45pm - Suzanne
FITNESS Dance 6:30pm - Kylie
BUNGEE Beginner Foundations 7:30pm - Courtney

EXHILARATE JUNIORS
Kids Circus - Silks & Lyra
4:15pm - Aimee/Jo

EXHILARATE JUNIORS
Teen - Pole & Lyra
4:15pm - Kylie

POLE STATIC
Intermediate 1
5:30pm - Kylie

POLE STATIC
Advanced 1&2
7:30pm - Kylie

CASUAL DANCE
Beginner Heels Pole Dance
8:30pm - Kylie

TUESDAY

FITNESS Ignite 5:45pm - Courtney
BUNGEE Routine Combos 6:30pm - Courtney

EXHILARATE JUNIORS
Kids - Acro Dance
4:30pm - Kylie/Keerya

POLE STATIC
Beginner 2
6:30pm - Kylie/Sharna

LYRA
Advanced
7:30pm - Kylie

CASUAL AERIALS
Splits & Straddles
7:30pm - Sharna

LYRA
Intermediate 2
8:30pm - Jo

CASUAL AERIALS
Headstands & Basework
8:30pm - Lynn/Kylie

WEDNESDAY

FITNESS Dance 7:00pm - Christine
BUNGEE Routine Combos 7:45pm - Sharna

LYRA
Beginner
5:00pm - Felicity

EXHILARATE JUNIORS
Kids Circus - Pole & Hammock
4:00pm - Aimee/Kylie

LYRA
Beginner 2 / Intermediate 1
6:00pm - Felicity

POLE STATIC
Beginner 1
6:00pm - Kylie

CASUAL DANCE
Chair & Floor Dance (No Pole)
8:30pm - Aimee

POLE STATIC
Intermediate 1
7:30pm - Lynn

POLE STATIC
Intermediate 2 / Advanced Prep
8:30pm - Lynn

THURSDAY

FITNESS CoreMobility 9:30am - Sharna
EXHILARATE JUNIORS Junior Bungee 5:00pm - Sharna
FITNESS Strong 6:00pm - Sharna
BUNGEE Elite (Invite Only) 6:45pm - Kylie
BUNGEE Drills & Skills 7:30pm - Courtney

EXHILARATE JUNIORS
Kids Circus - Silks & Lyra
4:00pm - Aimee/Sharna/Kylie

POLE STATIC
Beginner 1
5:30pm - Carina

POLE SPIN
Beginner
6:30pm - Carina

POLE SPIN
Advanced
7:30pm - Kylie

LYRA
Beginner
8:30pm - Kylie

POLE SPIN
Intermediate
8:30pm - Lynn

FRIDAY

FITNESS Dance 9:30am - Kylie
BUNGEE Beginner Foundations 6:30pm - Sharna

SATURDAY

FITNESS Ignite 8:00am - Kylie
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