



# STUDIO EXHILARATE

## TERM 3 2026

### MAY 25TH - AUGUST 2ND

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON	<b>FITNESS</b> Dance Fitness 6:30pm - Kylie	<b>LYRA</b> Intermediate 1 & 2 8:30pm - Jo	<b>POLE STATIC</b> Pre Elite / Elite 7:30pm - Kylie/Blair  <b>POLE STATIC</b> Advanced Prep & 1 8:30pm - Lynn
TUES	<b>FITNESS</b> Ignite 5:45pm - Courtney  <b>BUNGEE</b> Intermediate Dance 6:30pm - Taylor/Molly	<b>LYRA</b> Advanced 1 & 2 7:30pm - Courtney  <b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner 8:30pm - Courtney	<b>POLE SPIN</b> Beginner Introduction 6:30pm - Kylie  <b>POLE STATIC</b> Beginner Introduction 7:30pm - Sharna  <b>POLE STATIC</b> Advanced 2 & 3 8:30pm - Kylie
WED	<b>FITNESS</b> Dance Fitness 7:00pm - Christine	<b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Introduction 6:00pm - Sharna	<b>POLE STATIC</b> Beginner 6:00pm - Kahlia / Kylie  <b>POLE STATIC</b> Intermediate 1 & 2 7:00pm - Kahlia/Kylie  <b>DROP IN DANCE</b> Beginner Pole Flow 8:00pm - Holly
THURS	<b>FITNESS</b> Strong 6:30pm - Sharna	<b>DROP IN AERIALS</b> Core & Flexibility 5:30pm - Sharna  <b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Introduction 6:30pm - Courtney  <b>SILKS</b> Intermediate 2 & 3 7:30pm - Kylie  <b>SILKS</b> Intermediate 1 / Beginner 2 8:30pm - Kylie	<b>POLE SPIN</b> Beginner 5:30pm - Tazia / Kylie  <b>POLE SPIN</b> Advanced Prep / Inter 2 7:30pm - Carina  <b>POLE SPIN</b> Elite / A3 7:30pm - Kylie/Blair  <b>POLE SPIN</b> Advanced 1 & 2 8:30pm - Lynn
FRI	<b>BUNGEE</b> Beginner Dance 6:00pm - Courtney	<b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner 7:00pm - Courtney/Kylie	<b>POLE STATIC</b> Beginner Introduction 6:00pm - Tazia / Kylie  <b>DROP IN DANCE</b> Beginner Exotic Heels 7:00pm - Holly
SAT	<b>FITNESS</b> Ignite 8:00am - Kylie	<b>DROP IN AERIALS</b> Aerial Fit (Pole/Lyra/Silks) 9:15am - Kylie  <b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Introduction 10:15am - Kylie/Courtney	<b>DROP IN AERIALS</b> Aerial Fit (Pole/Lyra/Silks) 9:15am - Kylie  <b>POLE STATIC</b> Beginner 10:15am - Kahlia / Kylie  <b>POLE STATIC</b> Beginner Introduction 11:30am - Tazia / Kylie

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