



# STUDIO EXHILARATE

TERM 1 2026

JANUARY 5TH - MARCH 15TH

## BEGINNER & DROP IN CLASS TIMETABLE

	BUNGEE + FITNESS	LYRA + DANCE	POLE + ACRO
MON			POLE SPIN Beginner 5:30pm - Sharna
	FITNESS Dance Fitness 6:30pm - Kylie	MIXED AERIALS (Lyra & Silks) Beginner Foundations 8:30pm - Courtney	
TUES	FITNESS Ignite 5:45pm - Courtney		
	DROP IN BUNGEE Beginner Dance 6:30pm - Courtney		POLE STATIC Beginner Foundations 7:30pm - Sharna
WED	FITNESS Dance Fitness 7:00pm - Christine		POLE FOUNDATIONS Beginner Static 7:00pm - Kylie
THURS	FITNESS Strong 5:30pm - Sharna		
	DROP IN BUNGEE Beginner Dance 7:30pm - Kylie		
FRI	DROP IN BUNGEE Beginner Dance 6:00pm - Courtney		POLE FOUNDATIONS Beginner Static 6:00pm - 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) 9:15am - Kylie	
			DROP IN DANCE Pole Flow 10:30pm - Kylie

## DOWNLOAD THE GROOVIO APP TO BOOK

### BEGINNER CLASS INFORMATION

#### POLE, MIXED AERIALS & BUNGEE

To book these classes you need to purchase a Beginner Trial Pack via Groovio  
These classes are not available as single/Drop ins.

#### DROP IN AERIALS & DROP IN DANCE

Book a single drop in class or purchase one of our Drop In Aerial & Dance Passes via groovio

#### FITNESS

Book a single drop in class via groovio

Pricing and classes are subject to change. See groovio for class info and pass pricing and expiry. • Classes require a minimum of 3 attendees to run. Should your class be canceled by the studio you will be offered the next available date to use your class if no more are available for that current term.