



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	MIXED AERIALS (Lyra & Silks) Beginner Foundations 7:00pm - Courtney/Kylie	POLE FOUNDATIONS Beginner Static 6:00pm - Kylie
SAT	FITNESS Ignite 8:00am - Kylie	DROP IN AERIALS Aerial Fit (Pole & Lyra) 9:15am - Kylie	DROP IN DANCE Beginner Exotic Heels 7:00pm - Holly

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.