



# STUDIO EXHILARATE

## TERM 1 2026

### JANUARY 5TH - MARCH 15TH

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON			<b>POLE SPIN</b> Beginner 5:30pm - Sharna
	<b>FITNESS</b> Dance Fitness 6:30pm - Kylie	<b>LYRA</b> Intermediate 7:30pm - Kylie/Courtney	<b>POLE STATIC</b> Elite 7:30pm - Kylie/Blair
		<b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Foundations 8:30pm - Courtney	<b>POLE STATIC</b> Advanced Prep & 1 8:30pm - Lynn
TUES	<b>FITNESS</b> Ignite 5:45pm - Courtney		<b>POLE STATIC</b> Beginner 2 6:30pm - Sharna
	<b>DROP IN BUNGEE</b> Beginner Dance 6:30pm - Courtney	<b>LYRA</b> Elite 7:30pm - Kylie	<b>POLE STATIC</b> Beginner Foundations 7:30pm - Sharna
		<b>LYRA</b> Advanced 1 & 2 8:30pm - Jo	<b>POLE STATIC</b> Advanced 2 & 3 8:30pm - Kylie
WED		<b>LYRA</b> Advanced 1 & 2 6:00pm - Felicity	<b>POLE STATIC</b> Intermediate 1 & 2 6:00pm - Kylie
	<b>FITNESS</b> Dance Fitness 7:00pm - Christine		<b>POLE STATIC</b> Beginner Foundations 7:00pm - Kylie
		<b>SILKS</b> Intermediate 2 & 3 8:00pm - Kylie	
THURS	<b>FITNESS</b> Strong 6:30pm - Sharna		<b>POLE SPIN</b> Advanced Prep / Inter 2 6:30pm - Kylie
	<b>BUNGEE</b> Beginner Dance 7:30pm - Kylie/Courtney		<b>POLE SPIN</b> Elite 7:30pm - Kylie/Blair
		<b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Foundations 8:30pm - Kylie	<b>POLE SPIN</b> Advanced 1 & 2 8:30pm - Lynn
FRI	<b>BUNGEE</b> Beginner Dance 6:00pm - Courtney		<b>POLE STATIC</b> Beginner Foundations 6:00pm - Kylie
		<b>MIXED AERIALS (Lyra &amp; Silks)</b> Beginner Foundations 7:00pm - Courtney/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) 9:15am - Kylie	<b>DROP IN AERIALS</b> Aerial Fit (Pole & Lyra) 9:15am - Kylie
			<b>DROP IN DANCE</b> Pole Flow 10:30am - Kylie

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