



STUDIO EXHILARATE

TERM 1 2026

JANUARY 5TH - MARCH 15TH

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

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