



# STUDIO EXHILARATE



SUMMER WEEK 2 - DECEMBER 23RD TO DECEMBER 29TH

|                | BUNGEE & FITNESS                         | LYRA & DANCE  | POLE & DANCE   |
|----------------|--|---|--|
| MONDAY<br>23RD |  | LYRA<br>Lyra Jam - All Levels<br>5:00pm - Kylie                       | POLE STATIC (beg/inter 1)<br>Pole Jam - All Levels<br>5:00pm - Kylie |
|                | FITNESS CLASS<br>Dance<br>6:00pm - Kylie | LYRA (adv/adv prep)<br>Splits & Straddles Combos<br>7:00pm - Courtney | POLE STATIC (elite/adv)<br>Dynamic Combos<br>7:00pm - Kylie          |
|                |  | LYRA (beginner)<br>Syllabus Revision<br>8:00pm - Kylie                | POLE STATIC (inter 2/adv prep)<br>Trending Combos<br>8:00pm - Lynn   |

TUESDAY  
24TH

CLOSED

WEDNESDAY  
25TH

CLOSED

THURSDAY  
26TH

CLOSED

FRIDAY  
27TH

CLOSED



SATURDAY  
28TH

FITNESS CLASS  
Ignite  
8:00am - Courtney

LYRA (all levels)  
Revision Combos  
7:00pm - Courtney

POLE SPIN  
Spin Jam - All Levels  
9:15am - Lynn