



STUDIO EXHILARATE



NEW 10 WEEK TERMS - NEW POLICY UPDATES - NEW YEAR - NEW GOALS
 TERM 1 JANUARY 6TH TO MARCH 16TH 2025

	BUNGEE & FINTESS	LYRA & SILKS	POLE & ACRO
MONDAY			PRACTICE TIME Pole (feb only) 4:15pm - 5:15pm
	CASUAL DANCE Floor & Flow (jan only) 5:30pm - Kylie	PRACTICE TIME Lyra (feb only) 5:30pm - 6:30pm	
	FITNESS CLASS Dance 6:30pm - Kylie		
	BUNGEE Dance 7:30pm - Courtney		POLE STATIC Advanced 2 & 3 7:30pm - Kylie / Blair
		PRACTICE TIME Lyra / Silks (all term) 8:30pm - 9:30pm	POLE STATIC Advanced Prep 8:30pm - Lynn
TUESDAY			PRACTICE TIME Pole (feb only) 4:30pm - 5:30pm
	FITNESS CLASS Ianite 5:45pm - Courtney		
	BUNGEE Dance 6:30pm - Courtney		POLE STATIC Doubles - NEW CLASS 6:00pm - Kylie
		LYRA Advanced 3 7:30pm - Kylie	POLE STATIC Beginner 2 7:30pm - Sharna
		LYRA Advanced 1 & 2 8:30pm - Jo	CASUAL DANCE Dynamic Heels Pole 8:30pm - Kylie
WEDNESDAY		PRACTICE TIME Lyra / Silks (feb only) 4:00pm - 5:00pm	
			PRACTICE TIME Pole (all term) 5:00pm - 6:00pm
		LYRA Beginner 2 6:00pm - Felicity	POLE STATIC Intermediate 1 & 2 6:00pm - Kylie
	FITNESS CLASS Dance 7:00pm - Christine		
		PRACTICE TIME Lyra / Silks 8:00pm - 9:00pm	POLE STATIC Advanced 1 8:00pm - Kylie
THURSDAY	BUNGEE Elite (Invite Only) 5:30pm - Kylie		POLE SPIN Beginner 1 & 2 5:30pm - Sharna
	FITNESS CLASS Strona 6:30pm - Sharna		POLE SPIN Intermediate 1 & 2 6:30pm - Kylie / Carina
	BUNGEE Dance 7:30pm - Courtney		POLE SPIN Advanced 2 & 3 7:30pm - Kylie / Blair
		SILKS Beginner 2 8:30pm - Kylie	POLE SPIN Advanced Prep / 1 8:30pm - Lynn
FRIDAY	FITNESS CLASS Dance 9:30am - Kylie		
	BUNGEE Beginner Foundations 6:00pm - Courtney		POLE STATIC Beginner Foundations 6:00pm - Kylie
		SILKS Beginner 1 7:00pm - Courtney	LYRA Beginner Foundations 7:00pm - Kylie
SATURDAY	FITNESS CLASS Ianite 8:00am - Kylie		
			CASUAL AERIALS Aerial Fit 9:30am - Blair
			CASUAL DANCE Chair & Pole 10:30am - Blair