



STUDIO EXHILARATE

TERM 3 2025

MAY 26TH - AUGUST 3RD

10 WEEK WINTER CHALLENGE - LEVEL UP!

	BUNGEE + FITNESS	LYRA + SILKS	POLE + DANCE
MON			POLE STATIC Advanced 1 5:30pm - Kylie
	FITNESS Dance Fitness 6:30pm - Kylie		
	DROP IN BUNGEE Dance 7:30pm - Courtney	DROP IN AERIALS Mat Strength & Conditioning 7:30pm - Sharna/Kylie	POLE STATIC Advanced 2 & 3 7:30pm - Kylie/Blair
		MIXED AERIALS (Lyra & Silks) Beginner Foundations 8:30pm - Courtney	POLE STATIC Advanced Prep / Inter 2 8:30pm - Lynn
TUES	FITNESS Ignite 5:45pm - Courtney		POLE FOUNDATIONS Beginner Static 5:30pm - Aimee
		DROP IN DANCE (INTER/ADV) Pole Flow 6:30pm - Keerya	
		LYRA Advanced 2 & 3 7:30pm - Kylie	POLE STATIC Beginner 2 / Intermediate 1 7:30pm - Sharna
		LYRA Advanced 1 8:30pm - Jo	POLE STATIC Advanced 1 8:30pm - Kylie
WED			POLE FOUNDATIONS Beginner Static 11:30am - Kylie
		MIXED AERIALS (Lyra & Silks) Beginner Foundations 12:30pm - Kylie	
		LYRA Intermediate 1 6:00pm - Felicity	MINI COURSE Doubles Pole & Acro 6:00pm - Kylie / Lynn / Keerya
	FITNESS Dance Fitness 7:00pm - Christine		
THURS			POLE SPIN Beginner 1 & 2 5:30pm - Sharna
	FITNESS Strong 6:30pm - Sharna	DROP IN AERIALS Splits & Starddles Intensive 6:30pm - Kylie	POLE SPIN Intermediate 1 & 2 6:30pm - Carina
	BUNGEE Elite - INVITE ONLY 7:30pm - Kylie/Courtney		POLE SPIN Advanced 2 & 3 7:30pm - Kylie/Blair
		SILKS Beginner 2 / Intermediate 1 8:30pm - Kylie	POLE SPIN Advanced Prep / 1 8:30pm - Lynn
FRI	FITNESS Dance Fitness 9:30am - Kylie		
	DROP IN BUNGEE Beginner Foundations 6:00pm - Courtney		POLE FOUNDATIONS Beginner Static 6:00pm - Kylie
		MIXED AERIALS (Lyra & Silks) Beginner Foundations 7:00pm - Courtney	DROP IN DANCE Beginner Exotic Heels 7:00pm - Holly / Kylie
SAT	FITNESS Ignite 8:00am - Kylie		DROP IN AERIALS Aerial Fit (Pole & Lyra) 9:15am - Blair

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