



STUDIO EXHILARATE

TERM 3 2026

MAY 25TH - AUGUST 2ND

BEGINNER AERIALS INTRO CLASS TIMETABLE

	LYRA & SILKS	POLE
TUES		<p>POLE SPIN Beginner Introduction 6:30pm - Kylie</p> <p>POLE STATIC Beginner Introduction 7:30pm - Sharna</p>
WED	<p>MIXED AERIALS (Lyra & Silks) Beginner Introduction 6:00pm - Sharna</p>	<p>DROP IN DANCE Beginner Pole Flow 8:00pm - Holly</p>
THUR	<p>DROP IN AERIALS Core & Flexibility 5:30pm - Sharna</p> <p>MIXED AERIALS (Lyra & Silks) Beginner Introduction 6:30pm - Courtney</p>	
FRI		<p>POLE STATIC Beginner Introduction 6:00pm - Tazia / Kylie</p> <p>DROP IN DANCE Beginner Exotic Heels 7:00pm - Holly</p>
SAT	<p>MIXED AERIALS (Lyra & Silks) Beginner Introduction 10:15am - Courtney / Kylie</p>	<p>DROP IN AERIALS Aerial Fit (Pole / Lyra / Silks) 9:15am - Kylie</p>
		<p>POLE STATIC Beginner Introduction 11:30am - Tazia / Kylie</p>