

**TERM 6
2024**

STUDIO EXHILARATE

**OCTOBER 21ST -
DECEMBER 18TH**

	BUNGEE & FITNESS	LYRA & DANCE	POLE & ACRO
MON	FITNESS Dance Fitness 6:30pm - Kylie		
	BUNGEE Beginner Foundations 7:30pm - Courtney		POLE STATIC Elite & Advanced 2 & 3 7:30pm - Kylie
TUES		LYRA Beginner Foundations 8:30pm - Kylie	POLE STATIC Advanced Prep 8:30pm - Lynn
	FITNESS Ignite 5:45pm - Courtney		
	BUNGEE Routines & Combos 6:30pm - Courtney		POLE STATIC Beginner 2 / Intermediate 1 6:30pm - Kylie
		LYRA Elite / Advanced 3 7:30pm - Kylie	POLE STATIC Beginner Foundations 7:30pm - Sharna
WED		LYRA Advanced 1 & 2 8:30pm - Jo	BEGINNER HEELS DANCE Dynamic Pole Flow 8:30pm - Kylie
		LYRA Intermediate 1 & 2 6:00pm - Felicity	POLE STATIC Intermediate 2 6:00pm - Kylie
	FITNESS Dance Fitness 7:00pm - Christine		
THURS		LYRA Advanced Prep 8:30pm - Courtney	POLE STATIC Advanced 1 8:00pm - Kylie
	FITNESS CoreMobility 9:30am - Kylie		
	BUNGEE Elite - Invite Only 5:30pm - Kylie		POLE SPIN Beginner 1 & 2 5:30pm - Sharna
	FITNESS Strong 6:30pm - Sharna		POLE SPIN Intermediate 1 & 2 6:30pm - Carina
	BUNGEE Drills & Skills 7:30pm - Courtney	CASUAL AERIALS Splits & Straddles 7:30pm - Sharna	POLE SPIN Elite & Advanced 2 & 3 7:30pm - Kylie
		POLE SPIN Advanced Prep / 1 8:30pm - Lynn	
FRI	FITNESS Dance Fitness 9:30am - Kylie		
SAT	FITNESS Ignite 8:00am - Kylie		

