

STUDIO EXHILARATE

TERM 1 2024 - JANUARY 8TH to MARCH 3RD 2024

	BUNGEE & FITNESS	LYRA & DANCE	POLE & ACRO
MONDAY		EXHILARATE JUNIORS Kids Circus - Silks & Lyra 4:15pm- Aimee/Jo	EXHILARATE JUNIORS Teen - Pole & Lyra 4:15pm- Kylie
	FITNESS Boxing 5:45pm- Suzanne	LYRA Beginner 1 5:30pm - Jo	POLE STATIC Intermediate 1 5:30pm - Kylie
	FITNESS Dance 6:30pm - Kylie		
	BUNGEE Beginner 7:30pm - Courtney		POLE STATIC Advanced 1&2 7:15pm - Kylie
			MINI TERM DANCE Heels Pole Dance 8:15pm - Kylie
TUESDAY		EXHILARATE JUNIORS Kids - Acro Dance 4:30pm - Kylie/Keerya	
	FITNESS Ignite 5:45pm - Courtney		
	BUNGEE High Intermediate/Advanced 6:30pm - Sharna	MINI TERM FLEX Splits & Straddles 6:15pm - Jo	LYRA Beginner 1 6:15pm - Kylie
		LYRA Advanced 7:15pm - Kylie	POLE STATIC Beginner 2 / Intermediate 1 7:15pm - Carina
	LYRA Intermediate 2 8:15pm - Jo	MINI TERM Headstands & Handstands 8:15pm - Lynn	
WEDNESDAY	FITNESS Sweat 9:30am - Kylie		
			EXHILARATE JUNIORS Kids Circus - Pole & Hammock 4:00pm- Aimee/Kylie
		EXHILARATE JUNIORS Teens - Silks & Lyra 5:00pm - Felicity & Kylie	
	FITNESS CoreMobility 6:30pm - Sharna	LYRA Beginner 2 / Intermediate 1 6:00pm - Felicity	POLE STATIC Beginner 1 6:15pm - Kylie
	FITNESS Dance 7:15pm - Christine		POLE MINI TERM Acro & Basework 7:15pm - Kylie
		POLE STATIC Intermediate 2 / Advanced Prep 8:15pm - Lynn	
THURSDAY	FITNESS CoreMobility 9:30am - Sharna		
		EXHILARATE JUNIORS Kids Circus - Silks & Lyra 4:00pm - Aimee/Sharna/Kylie	
	EXHILARATE JUNIORS Junior Bungee 5:00pm - Sharna		
	FITNESS Strong 6:00pm - Sharna		POLE STATIC Beginner 1 5:30pm - Carina
	BUNGEE Elite 6:45pm - Kylie		POLE SPIN Beginner (New Beginners) 6:30pm - Carina
BUNGEE Intermediate (New Inters) 7:30pm - Courtney		POLE SPIN Advanced 7:30pm - Kylie	
	MINI TERM DANCE Heels Dance 8:30pm - Kylie	POLE SPIN Intermediate 8:30pm - Lynn	
FRIDAY	FITNESS Dance 9:30am - Kylie		
SATURDAY	FITNESS Ignite 8:00am - Kylie		
	BUNGEE Beginner 9:30am - Kylie		

