

STUDIO EXHILARATE

TERM 4 2024 - JULY 1ST TO AUGUST 25TH 2024

BUNGEE & FITNESS

LYRA & DANCE

POLE & ACRO

MONDAY

FITNESS
Dance
6:30pm - Kylie

BUNGEE
Beginner Foundations
7:30pm - Courtney

LYRA
Advanced 1
8:30pm - Kylie

POLE STATIC
Advanced 1 & 2
7:30pm - Kylie

POLE STATIC
Advanced Prep
8:30pm - Lynn

TUESDAY

FITNESS
Ignite
5:45pm - Courtney

BUNGEE
Routines & Combos
6:30pm - Courtney

CASUAL AERIALS
Splits & Straddles
6:30pm - Sharna

LYRA
Advanced 2 & 3
7:30pm - Kylie

LYRA
Advanced Pprep
8:30pm - Jo

POLE STATIC
Intermediate 1 / Beginner 2
6:30pm - Kylie

POLE STATIC
Beginner Foundations
7:30pm - Sharna

BEGINNER HEELS
Dynamic Pole Flow
8:30pm - Kylie

WEDNESDAY

FITNESS
Dance
7:00pm - Christine

BUNGEE
Routines & Combos
8:00pm - Sharna

LYRA
Beginner 2
6:00pm - Felicity

LYRA
Beginner Foundations
5:00pm - Felicity

BEGINNER DANCE
Lyrical Pole Flow
6:00pm - Kylie

POLE STATIC
Intermediate 2
8:00pm - Kylie

THURSDAY

FITNESS
CoreMobility
9:30am - Sharna

BUNGEE
Elite (Invite Only)
5:30pm - Kylie

FITNESS
Strong
6:30pm - Sharna

BUNGEE
Drills & Skills
7:30pm - Courtney

LYRA
Beginner Foundations
8:30pm - Kylie

POLE STATIC
Beginner Foundations
5:30pm - Sharna

POLE SPIN
Beginner / Intermediate 1
6:30pm - Carina

POLE SPIN
Advanced
7:30pm - Kylie

POLE SPIN
Advanced Prep
8:30pm - Lynn

FRIDAY

FITNESS
Dance
9:30am - Kylie

BUNGEE
Beginner Foundations (fortnightly)
6:00pm - Sharna

WINTER WORKSHOPS
Fortnightly
6:00 - 7:30pm - Kylie

SATURDAY

FITNESS
Ignite
8:00am - Kylie

YOGA - CASUAL
Vinyasa
9:15am - Dani

