



Weekly SCHEDULE

MON	19:30 Aerial Hoop Intermediate
TUE	11:30 MAP Aerial + Pole Practice 18:15 Pole Mixed Level 19:30 Yoga for flexibility (HATHA)
WED	19:00 Aerial Hoop Beginners 20:15 Aerial Yoga
THU	19:30 Aerial Silks Beginners
FRI	17:00 Teen's Aerial 18:00 Heels Immersion (or) Aerial Silks Intermediate
SAT	10:00 Children's Aerial <14yrs 11:15 Parent & Child Circus Monthly workshop
SUN	9:15 Aerial Yoga 16:00 Pole Mixed Level 17:00 Pole Beginners + MAP 18:15 Yoga (HATHA/Vinyasa)