

# CLASS TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Aerial Fitness					
8:00am						LBT
9:00am						Open Training*
9:30am	Fundamentals	Aerial Yoga		Suspension Pilates	Aerial Yoga	Fundamentals
10:30am		Aerial Fitness		Lyra	Silks	
5:30pm	Ubound					
	Aerial Beginners & Beg Extension					
6:00pm		Fusion	Suspension Fitness & LBT			
6:30pm	Suspension Beginners					
7:00pm		Aerial Variety		Aerial Variety		
7:30pm	Silks / Lyra Inter & Advanced					

■ **Beginners**
■ **Suspension**
■ **Aerial**
■ **Fitness**

Timetable subject to change – for live version please see the CircStudios App.

\* Coach approval required for open training – additional charges apply