



## AERIAL ARTS TIMETABLE

	MONDAY	TUESDAY	THURSDAY	SATURDAY
9:00am				Open Training
10:30am		Silks Choreography	Lyra Choreography	
6:00pm			Open Training	
6:30pm	Silks + Hammock Technique - L2			
	Silks + Hammock Technique - L3			
	Open Training			
7:00pm		Lyra + Trapeze Content Level 2	Silks + Hammock Content Level 2 & 3	
		Lyra Content Level 3	Lyra + Trapeze Technique Level 2 & 3	
7:30pm	Intro to Aerial Arts Course			
	Aerial Arts Level 1			

## AERIAL YOGA & UBOUND TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am						LBT / SUSPENSION FITNESS
9:30am		AERIAL YOGA OPEN		AERIAL YOGA OPEN		
5:30pm	UBOUND			UBOUND		
6:00pm		AERIAL YOGA LEVEL 1	LBT / SUSPENSION FITNESS			
6:30pm	AERIAL YOGA INTRO			AERIAL YOGA OPEN		