

SPRING TIMETABLE

STARTS MON AUGUST 31ST



30632050 | www.benandfly.com.au

🕒 ALL CLASSES 60 MINS ⬆️ 50 MINS ✨ 45 MINS + 30 MINS

MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM 🕒 KINSTRETCH MOBILITY+STRENGTH CAM	6.00 AM HOT POWER YOGA EMILY	6.00 AM POWER YOGA CARLA	6.00 AM YIN YOGA ROZ	6.00 AM 🕒 HOT POWER YOGA SARAH		
	7.15 AM* 🕒 AERIAL FLOW RENAE	7.15 AM* 🕒 MOBILITY+ PILETES RENAE	7.15 AM* 🕒 AERIAL FLOW BRODIE		7.30 AM 🕒 POWER YOGA CAM	7.30 AM HOT POWER YOGA MATHILDE
					8.45 AM ^ 🕒 AERIAL FITNESS CAM	8.45 AM ^ 🕒 AERIAL FLOW LAUREN
9.30 AM POWER YOGA MICHELLE	9.30 AM ✓ SIGNATURE AERIAL+YOGA CAM	9.30 AM ✓ AERIAL FLOW NIRVANA	9.30 AM 🕒 VIN YIN BRODIE	9.30 AM SLOW FLOW EMMA	9.55 AM ^ AERIAL FLOW RACHAEL	9.45 AM ^ A AERIAL PLAY L2 LAUREN
					11.00 AM B AERIAL INTRO RACHAEL	10.45 AM B AERIAL INTRO COURSE LAUREN
4.30 PM ^ AERIAL FLOW RENAE	4.30 PM ^ VIN YIN HANNAH	4.30 PM ^ 🕒 AERIAL BARRE RENAE ✓	4.30 PM ^ 🕒 AERIAL FLOW RACHAEL	5.00 PM ^ AERIAL FLOW HANNAH	FROM 1.30PM AERIAL + YOGA WORKSHOPS VARIOUS	4.00 PM 🕒 POWER YOGA ROZ
5.40 PM HOT POWER YOGA MICHELLE	5.40 PM AERIAL FITNESS ALBINA	5.40 PM ✓ SIGNATURE AERIAL + YOGA CAM	5.40 PM HOT CORE YOGA CHRYSTAL	6.00 PM + ✓ FLOATING MEDITATION HANNAH		5.20 PM YIN YOGA ROZ
7.00 PM 🕒 YIN YOGA RACHAEL	7.00 PM 🕒 POWER YOGA CARLA	7.00 PM HOT POWER YOGA ASH	7.00 PM A AERIAL FLOW L2 NIRVANA			
8.15 PM B AERIAL/YOGA INTRO COURSE RACHAEL	ALTERNATES EVERY 3 WEEKS TO INTRO YOGA COURSE	8.20 PM ^ AERIAL FLOW LAUREN	8.15 PM* ✓ AERIAL DECOMPRESSION NIRVANA			

CLASS STYLES

	FLOOR BASED YOGA OR MOBILITY (NON-HEATED)
	FLOOR BASED HOT YOGA (AROUND 35 DEGREES)
	AERIAL YOGA
	AERIAL & FLOOR COMBINATION
	WORKSHOPS + COURSES (EXTRA \$ MAY APPLY)

CLASS FORMATS



LIVE STREAMED & STUDIO CLASS

STARTING AERIAL YOGA



B BEGINNER CLASS/COURSE
RECOMMENDED TO START HERE



ALL LEVELS - NO PREREQ NEEDED
ALTERNATIVE IS TO START HERE



O OPEN CLASS
NEED PREREQ OF BEGINNER/ALL-LEVELS CLASS



A ADVANCED CLASS
CONSULT STAFF WHEN PROGRESSING

STARTING YOGA

YOGA CLASSES ARE ALL LEVELS & ACCESSIBLE FOR MOST,
BUT IF A NOVICE START WITH AN INTRO YOGA COURSE,
ANY MOBILITY, VIN YIN OR SLOW FLOW CLASS