

# SPRING TIMETABLE

STARTS MON AUGUST 31ST



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🕒 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* ✓ AERIAL+ PIALTES 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	8.50 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



BEGINNER CLASS/COURSE  
RECOMMENDED TO START HERE



ALL LEVELS - NO PREREQ NEEDED  
ALTERNATIVE IS TO START HERE



OPEN CLASS  
NEED PREREQ OF BEGINNER/ALL-LEVELS CLASS



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