

SUMMER TIMETABLE

STARTS MON NOVEMBER 23RD



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🕒 MOST CLASSES 60 MINS ⤴ 50 MINS ✳ 45 MINS + 30 MINS

MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM* YOGA SCULPT 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 🔥		
7.00 AM 📺 KINSTRETCH MOBILITY + STRENGTH CAM ✓	7.15 AM* 📺 AERIAL FLOW RENAE	7.15 AM* AERIAL PILATES 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 AERIAL + YOGA BF SIGNATURE CAM ✓	9.30 AM AERIAL FLOW NIRVANA ✓	9.30 AM 📺 VIN YIN BRODIE ✓	9.30 AM SLOW FLOW EMMA ✓	9.45 AM ^ AERIAL FLOW RACHAEL	9.45 AM ^ AERIAL PLAY L2 LAUREN ⚠️
					10.45 AM ⭐ AERIAL INTRO RACHAEL	
4.30 PM ^ AERIAL FLOW RENAE	4.30 PM ^ VIN YIN HANNAH ✓	4.30 PM ^ 📺 AERIAL BARRE RENAE ✓	4.30 PM ^ 📺 AERIAL FLOW RACHAEL	4.00 PM* POWER YOGA HANNAH ✓		4.00 PM 📺 POWER YOGA ROZ ✓
5.30 PM POWER YOGA MICHELLE	5.30 PM AERIAL FITNESS ALBINA	5.30 PM AERIAL + YOGA BF SIGNATURE CAM ✓	5.30 PM HOT CORE YOGA CHRYSTAL 🔥	5.00 PM ^ AERIAL FLOW HANNAH		5.20 PM YIN YOGA ROZ ✓
6.45 PM 📺 YIN YOGA RACHAEL ✓	6.45 PM 📺 POWER YOGA CARLA	6.45 PM HOT POWER YOGA ASH 🔥	6.45 PM AERIAL FLOW L2 NIRVANA ⚠️	6.00 PM + FLOATING MEDITATION HANNAH ✓		
		8.00 PM ^ AERIAL FLOW LAUREN	8.00 PM* AERIAL RESTORATIVE RACHAEL ✓			

WHAT TO WEAR/BRING

AERIAL YOGA

T-SHIRT & SOCKS

GRIPPY SOCKS ARE BEST
OR REGULAR SOCKS + MAT

FLOOR YOGA

YOGA MAT & WATER

TOWEL & YOGA PROPS
ARE OPTIONAL

CLASS FORMATS



INTRODUCTION TO AERIAL CLASS

BEST WAY TO BEGIN AERIAL



ALL LEVELS - NO PREREQ NEEDED

RECOMMENDED CLASSES TO START



HOT FLOOR YOGA CLASS

ROOM HEATED TO 34 DEGREES (APPROX)



ADVANCED AERIAL CLASS

MEMBERS + ADVANCED STUDENTS ONLY



LIVE STREAMED STUDIO CLASS

PRACTISE FROM HOME OR WORK

📲 DOWNLOAD THE B+F APP TO BOOK & MANAGE YOUR WEEKLY CLASSES

📞 Call us on 3063 2050 or email: hello@bendandfly.com.au