

SUMMER TIMETABLE

STARTS MON JANUARY 11TH

B BEND + FLY

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

TIMETABLE SUBJECT TO CHANGE

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 LAUREN	7.15 AM* 📺 AERIAL PILATES RENAE ✓	7.15 AM* 📺 AERIAL FLOW BRODIE	7.15 AM^ 📺 AERIAL FITNESS LAUREN	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 AERIAL FLOW LAUREN	9.45 AM^ AERIAL FLOW RACHAEL	9.45 AM^ AERIAL PLAY L2 LAUREN ⚠
					10.45 AM ✨ AERIAL INTRO RACHAEL	
4.30 PM^ AERIAL FITNESS CAM	4.30 PM^ VIN YIN EMMA ✓	4.30 PM^ 📺 AERIAL BARRE RENAE ✓	4.30 PM^ 📺 AERIAL FLOW RACHAEL	4.30 PM HANDSTAND FLOW CARLA		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 🔥	5.45 PM* AERIAL PLAY L1 CARLA		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 RACHAEL ⚠			
8.00 PM^ AERIAL FLOW RACHAEL	8.00 PM^ AERIAL RESTORATIVE RENAE ✓	8.00 PM^ AERIAL FLOW L2 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

📱 DOWNLOAD THE BEND + FLY APP TO BOOK & MANAGE YOUR WEEKLY CLASSES
📞 Call us on 3063 2050 or email: hello@bendandfly.com.au

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