

SUMMER TIMETABLE

STARTS MON JANUARY 11TH



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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	NEW AERIAL CLASS	NEW YOGA CLASS	NEW STREAMED CLASS
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