

# NEWBIES TIMETABLE



✓ ALL LEVELS ★ BEGINNER CLASSES

30632050 | www.benandfly.com.au

🕒 MOST CLASSES 60 MINS    ^ 50 MINS    \* 45 MINS    + 30 MINS

TIMETABLE SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI	SAT	SUN
			6.00 AM YIN YOGA ROZ ✓			
	7.15 AM* 📺 AERIAL FLOW LAUREN ✓					
9.30 AM POWER YOGA MICHELLE ✓	9.30 AM AERIAL + YOGA BF SIGNATURE LAUREN ✓	9.30 AM AERIAL FLOW NIRVANA ✓	9.30 AM VIN YIN EMMA ✓			
					10.45 AM ★ AERIAL INTRO RACHAEL	★
	4.30 PM^ VIN YIN EMMA ✓	4.30 PM^ 📺 AERIAL BARRE ALBINA ✓				4.00 PM 📺 POWER YOGA ROZ ✓
						5.20 PM 📺 YIN YOGA ROZ ✓
6.45 PM 📺 YIN YOGA RACHAEL ✓						
	8.00 PM^ 📺 YIN YOGA MATHILDE ✓		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

YOGA PROPS & A TOWEL  
ARE OPTIONAL

## CLASS FORMATS



**INTRODUCTION TO AERIAL CLASS**  
THE BEST WAY TO BEGIN AERIAL YOGA



**ALL LEVELS - NO PREREQ NEEDED**  
RECOMMENDED CLASSES TO START



**LIVE STREAMED STUDIO CLASS**  
OPTION TO PRACTICE FROM HOME / WORK

## AERIAL COURSE

★ FUNDAMENTALS 1 ★

Our most popular course to begin aerial  
yoga and fast-track your aerial skills.

**3-week courses are held on Sundays**  
Check our workshops page for course dates