

NEWBIES TIMETABLE

✓ ALL LEVELS BEGINNER CLASSES

30632050 | www.bendandfly.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 INTRO COURSE

FUNDAMENTALS 1

Our most popular course to begin
aerial yoga and fast-track your aerial
skills. Check our workshops page for
course dates