

# AUTUMN TIMETABLE

NEW CLASSES START 4 MAY 2021

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

TIMETABLE SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>NEW CLASS</b> 6.00 AM* POWER YOGA 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 🔥		
	7.15 AM* AERIAL FLOW LAUREN ✓	7.15 AM* AERIAL CORE + STRETCH LAUREN	7.15 AM* POWER YOGA ROZ	<b>NEW CLASS</b> 7.15 AM^ AERIAL FREE FLOW 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 ✓	<b>NEW CLASS</b> 9.30 AM AERIAL RESTORATIVE RACHAEL ✓	9.30 AM AERIAL FLOW NIRVANA ✓	9.30 AM VIN YIN EMMA ✓	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 ALBINA ✓	4.30 PM^ AERIAL FLOW RACHAEL	4.30 PM HANDSTAND FLOW CARLA ⚠️		4.00 PM POWER YOGA ROZ ✓
<b>NEW CLASS</b> 5.30 PM HOT 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^ YIN YOGA MATHILDE ✓	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

## CLASS FORMATS



### INTRODUCTION TO AERIAL CLASS

BEST WAY TO BEGIN AERIAL YOGA



### ALL LEVELS - NO PREREQ NEEDED

RECOMMENDED CLASSES TO START



### HOT FLOOR YOGA CLASS

ROOM HEATED TO 34 DEGREES (APPROX)



### ADVANCED LEVEL CLASS

ADVANCED STUDENTS & MEMBERS ONLY



### LIVE STREAMED STUDIO CLASS

PRACTICE FROM ANYWHERE!