

# NEWBIES TIMETABLE

✓ ALL LEVELS BEGINNER CLASSES

30632050 | www.bendandfly.com.au

🕒 MOST CLASSES 60 MINS    <sup>^</sup> 50 MINS    <sup>\*\*</sup> 45 MINS    <sup>+</sup> 30 MINS

TIMETABLE SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI	SAT	SUN
			<b>6.00 AM</b> YIN YOGA ROZ ✓			
	<b>7.15 AM</b> <sup>**</sup> AERIAL FLOW LAUREN ✓					
<b>9.30 AM</b> POWER YOGA MICHELLE ✓	<b>9.30 AM</b> AERIAL RESTORATIVE RACHAEL ✓	<b>9.30 AM</b> AERIAL FLOW NIRVANA ✓	<b>9.30 AM</b> VIN YIN EMMA ✓			
					<b>10.45 AM</b> AERIAL INTRO RACHAEL	
	<b>4.30 PM</b> <sup>^</sup> VIN YIN EMMA ✓	<b>4.30 PM</b> <sup>^</sup> AERIAL BARRE ALBINA ✓				<b>4.00 PM</b> POWER YOGA ROZ ✓
						<b>5.20 PM</b> YIN YOGA ROZ ✓
<b>6.45 PM</b> YIN YOGA RACHAEL ✓						
	<b>8.00 PM</b> <sup>^</sup> YIN YOGA MATHILDE ✓		<b>8.00 PM</b> <sup>^</sup> 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 ANYWHERE!

### 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