

FIRST CLASS OPTIONS



✓ ALL LEVELS ★ BEGINNER CLASSES

3063 2050 | 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 RESTORATIVE RACHAEL ✓	9.30 AM AERIAL FLOW NIRVANA ✓	9.30 AM 📺 HEATED SLOW FLOW EMMA ✓			
					10.45 AM ★ AERIAL BASICS BEGINNER CLASS RACHAEL	★
4.30 PM ^ AERIAL FLOW CAM ✓	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

- ★ **BEGINNER TO AERIAL CLASS**
THE BEST CLASS TO BEGIN AERIAL YOGA
- ✓ **ALL LEVELS - NO PREREQ NEEDED**
RECOMMENDED CLASSES TO START
- 📺 **LIVE STREAMED STUDIO CLASS**
OPTION TO PRACTICE FROM ANYWHERE!

FOUNDATIONS 1 & 2 AERIAL COURSES

OUR MOST IN-DEPTH WAY TO LEARN AERIAL YOGA, COVERING THE 6 FOUNDATIONAL SKILLS OF INVERT / BALANCE / FLOAT / FLY / FLIP / FLEX.

JOIN NOW - \$99 EACH