

# SPRING TIMETABLE



3063 2050 | www.benandfly.com.au

NEW CLASSES START AUGUST 30 2021

TIMETABLE SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI	SAT	SUN
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 CHRYSTAL		
	7.15 AM AERIAL CORE + STRETCH LAUREN	7.15 AM AERIAL FLOW CARLY	7.15 AM AERIAL CORE + STRETCH LAUREN	7.15 AM AERIAL FLOW LAUREN	7.00 AM POWER YOGA CARLA	7.30 AM HOT POWER YOGA MATHILDE
					8.15 AM AERIAL FITNESS CAM	8.45 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 SLOW FLOW YOGA EMMA	9.30 AM AERIAL FLOW LAUREN	9.15 AM AERIAL FLOW 2 CAM	9.45 AM AERIAL PLAY 2 LAUREN
					10.15 AM AERIAL FLOW RACHAEL	10.45 AM AERIAL FREE FLOW LAUREN
		12.00 PM COMMUNITY YOGA			11.15 AM AERIAL BASICS RACHAEL	
4.30 PM AERIAL FLOW CAM	4.30 PM VIN / YIN YOGA EMMA	4.30 PM AERIAL BARRE ALBINA	4.30 PM AERIAL FLOW RACHAEL	4.30 PM POWER YOGA CARLA		4.00 PM POWER YOGA ROZ
5.30 PM POWER YOGA MICHELLE	5.30 PM AERIAL FITNESS ALBINA	5.30 PM POWER YOGA CARLA	5.30 PM HOT CORE POWER YOGA CHRYSTAL	5.45 PM AERIAL PLAY 1 CARLA		5.20 PM YIN YOGA ROZ
6.45 PM YIN YOGA RACHAEL	6.45 PM HOT POWER YOGA ASH	6.45 PM AERIAL FLOW CAM	6.45 PM AERIAL FLOW 2 RACHAEL	<p>Scan here for a digital copy!</p>		
8.00 PM AERIAL FLOW RACHAEL	8.00 PM AERIAL RESTORATIVE ASH	8.00 PM AERIAL FLOW 2 LAUREN	8.00 PM AERIAL RESTORATIVE RACHAEL			

Aerial Yoga

Floor Yoga

First Class Option