

Aerial Arts Studio

Adult Studio Timetable

Additional classes to be added soon

Mon	19:00 – 20:00 Flexibility	20:10 – 21:10 Mixed Ability Pole Fitness	
Tue	19:00 – 20:00 Beginner - Inter Aerial Hoop	20:10 – 21:10 Inter – Adv Aerial Hoop	
Wed		20:10 - 21:10 Beginner – Inter Aerial Silks	
Thur	COMING SOON 10:00 – 11:00 MUM & BABY Aerial & Pole Fit	19:00 – 20:00 Curves Pole Fitness	20:10 – 21:10 Advanced Pole Fitness
Fri	09:45 – 10:45 Mixed Ability Pole Fitness		
Sat	11:30 – 12:30 Mixed Ability Aerial Silks		PARTY BOOKINGS AVAILABLE
Sun	15:00 – 16:00 Advanced Silks	18:30 – 19:30 Beginner – Inter Pole Fitness	PARTY BOOKINGS AVAILABLE
<p>Trials Available £10 Flexible Memberships from £49 per month</p> <p>- Group Classes - Private Lessons - Practice Sessions - Workshops - Parties - Photoshoots - Performances</p> <p>Plenty of Classes for children too, please ask for our children's timetable!</p>			

www.aerialartsstudio.co.uk
info@aerialartsstudio.co.uk
07714332089

Join us!