

# Aerial Arts Studio

## Adult Studio Timetable

Mon		19:00 – 20:00 Flexibility	20:10 – 21:10 Mixed Ability Pole Fitness
Tue	10:00 – 11:00 Aerial Yoga	19:00 – 20:00 Beginner - Inter Aerial Hoop	20:10 – 21:10 Inter – Adv Aerial Hoop
Wed	17:45 – 18:45 Aerial Yoga (January Only)	19:05 – 20:05 Absolute Beginner Aerial Silks	20:10 - 21:10 Beginner – Inter Aerial Silks
Thurs		19:00 – 20:00 Curves Pole Fitness	20:10 – 21:10 Advanced Pole Fitness
Fri	09:30 – 10:30 Mixed Ability Pole Fitness		
Sat	11:30 – 12:30 Mixed Ability Aerial Silks		
Sun	10:00 – 11:00 Mixed Ability Sling	15:00 – 16:00 Advanced Silks	18:45 – 19:45 Beginner – Inter Pole Fitness

**Trials Available for JUST £5 in January/Feb**

**Flexible Memberships** from £49 per month

Group Classes - Private Lessons - Practice Sessions - Workshops - Parties  
- Photoshoots - Performances

Plenty of Classes for children too, please ask for our children's timetable!

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*Join us!*