

Aerial Arts Studio

Monday		17:00 – 18:00 Competition Practice	18:15 – 19:15 Beginner Aerial Hoop	19:15 – 20:15 Intermediate Aerial Hoop	20:15 – 21:15 Advanced Aerial Hoop
Tuesday	16:15 – 17:00 Mini Tricksters	17:00-18:00 Tricksters Beg/Inter	18:00 – 19:00 Competition Practice	19:15 – 20:15 Curves Pole Fitness	20:15 – 21:15 Mixed Ability Pole Fitness
Wednesday		17:30 – 18:30 Tricksters Intermediate		19:00 – 20:00 Beginner/Int Aerial Silks	20:00 - 21:00 Advanced Aerial Silks
Thursday	16:30-17:30 Tricksters Beg/Inter	17:30-18:30 Tricksters Intermediate		18:45 – 19:45 Beginner Silks	20:00 – 21:00 Advanced Pole Fitness
Friday		17:30-18:30 Tricksters Pre-Advanced Silks	18:30 – 19:30 Competition Practice	PRIVATES/ REHEARSALS/PARTIES	PRIVATES/ REHEARSALS/PARTIES
Saturday	09:15 – 10:15 Tricksters Beg/Inter	10:15-11:15 Tricksters Advanced Hoop		PRIVATES/ REHEARSALS/PARTIES	PRIVATES/ REHEARSALS/PARTIES
Sunday	13:00 – 14:00 14:00 – 15:00 Open Practice	16:00 – 17:00 Tricksters Beg/Int	17:05-18:05 Tricksters Advanced Silks	18:10 – 19:10 Mixed Ability Sling	19:30-20:30 Mixed Ability Pole Fitness

Colour code

Yellow – Classes for Children

Blue – Classes for Adults

Age guide

Mini Tricksters – age 5-7

Tricksters – age 8 plus

Adult Classes – age 14 plus

Trials Available

Minis - £7

Tricksters - £10

Adult Classes - £10

Memberships (per month)

Mini Tricksters - £38.50

Tricksters - £43.50

Adults Memberships – From £49