

# Aerial Arts Studio

<b>Monday</b>		17:00 – 18:00 Youth Aerial	18:15 – 19:15 Beginner Aerial Hoop	19:15 – 20:15 Intermediate Aerial Hoop	20:15 – 21:15 Advanced Aerial Hoop
<b>Tuesday</b>	16:15 – 17:00 Mini Tricksters	17:00-18:00 Tricksters Beg/Inter		19:15 – 20:15 Curves Pole Fitness	20:15 – 21:15 Mixed Ability Pole Fitness
<b>Wednesday</b>		17:30 – 18:30 Tricksters Intermediate		19:00 – 20:00 Intermediate Aerial Silks	20:00 - 21:00 Advanced Aerial Silks
<b>Thursday</b>	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
<b>Friday</b>	09:30 – 10:30 Preschool Circus Stay and Play	11:00 – 12:00 Mixed Aerial	16:30 – 17:30 Performers	17:30-18:30 Tricksters Pre-Advanced Silks	18:30 – 19:30 Elite Performers
<b>Saturday</b>	09:15 – 10:15 Tricksters Beg/Inter	10:15-11:15 Tricksters Advanced Hoop	11:30 – 12:30 Aerial Yoga By Sarah		
<b>Sunday</b>	13:00 – 14:30 Open Practice	16:00 – 17:00 Tricksters Beg/Int	17:00-18:00 Tricksters Advanced Silks	18:15 – 19:15 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 - £9

Tricksters - £11

Adult Classes - £12

## Memberships (per month)

Mini Tricksters - £42

Tricksters - £48

Adults Memberships From £58