

# TERM 3 ★ MAY 2 TO JUNE 26

## AERIAL CLASSES



### MONDAY

9:30am Aerial Strong (Desmond)  
10:30am Aerial Yoga Stretch (Benita)  
12:00pm Silk Inter. 2 (Adelene)  
6:00pm Hammock Basics (Ardella)  
7:15pm Silk Beg. 3 (Ardella)  
8:30pm Silk Beg. 1 (Sarah)

### TUESDAY

9:30am Hammock Lyrical (Jamie)  
11:00am Silk Drop-In (Jamie)  
12:35pm Hoop Drop-In (Hiromi)  
6:00pm Hammock Lyrical (Jamie)  
7:15pm Silk Beg. 2 (Jamie)  
8:30pm Silk Inter. 1 (Jamie)

### WEDNESDAY

9:30am Aerial Yoga Stretch (Benita)  
11:00am Silk Drop-In (Adelene)  
5:00pm KIDS Aerial 9-12 yo (Jamie)  
7:15pm Silk Beg. 3 (Kendy)  
8:35pm Silk Drop-In (Kendy)

### THURSDAY

11:00am Silk Drop-In (Sarah)  
12:30pm Aerial Yoga Stretch (Liz)  
4:30pm KIDS Aerial 5-8 yo (Des)  
6:15pm Hoop Beg. 1 (Benita)  
7:30pm Hoop Inter. 1 (Rebecca)  
8:45pm Hoop Drop-In (Rebecca)

### FRIDAY

9:30am Aerial Yoga Stretch (Liz)  
6:30pm Aerial Strong (Desmond)  
7:30pm Silk Inter. 2 (Kendy)  
8:45pm Silk Beg. 3 (Kendy)

### SATURDAY

9:00am Hoop Beg. 1 (Hiromi)  
10:15am Hoop Inter. 1 (Hiromi)  
11:30am Hoop Inter. 1 (Rebecca)  
12:45pm Hoop Inter. 2 (Rebecca)  
2:00pm Hammock Lyrical (Rebecca)  
3:15pm Silk Beg. 2 (Amanda)  
4:30pm Hoop Inter. 1 (Amanda)

### SUNDAY

9:00am Hammock Lyrical (Jamie)  
10:15am Silk Beg. 1 (Jamie)  
11:30am Silk Drop-In (Jamie)  
12:45pm Hoop Beg. 2 (Hiromi)  
2:00pm Silk Beg. 2 (Kendy)  
3:15pm Silk Beg. 3 (Kendy)  
4:30pm Silk Inter. 1 (Kendy)



COURSES



DROP-IN CLASSES

Aedance Aerial  
65 Ubi Rd 1, #01-94  
Oxley Biz Hub (408729)

# TERM 3 ★ MAY 2 TO JUNE 26

## STRETCH & MORE



### MONDAY

1:20pm Stretch (Adelene)  
4:00pm KIDS Acro Walkovers 5-8 yo (Bev)  
5:00pm KIDS Acro Walkovers 9-12yo (Megan)  
6:15pm Contortion (Clarice)  
6:15pm Backbends (Megan)  
7:15pm Handstand Contortion (Beverly)  
7:20pm Contortion Tricks (Clarice)  
8:30pm Stretch (Megan)  
8:30pm Backbends (Clarice)

### TUESDAY

11:30am Stretch (Hiromi)  
4:15pm Contortion (Adelene)  
6:15pm Contortion (Adelene)  
6:15pm Stretch (Hiromi)  
7:20pm Stretch (Hiromi)  
7:30pm Contortion (Adelene)  
8:30pm Middle Splits (Hiromi)

### WEDNESDAY

12:20pm Stretch (Adelene)  
6:15pm Acro Walkovers Beg. (Megan)  
6:15pm Stretch (Karine)  
7:20pm Front Splits (Megan)  
7:25pm Contortion (Karine)  
8:30pm Backbends (Megan)  
8:40pm Handstand (Karine)

### THURSDAY

10:00am Stretch (Adelene)  
12:30pm Front Splits (Sarah)  
6:15pm Stretch (Adelene)  
6:15pm Backbends (Karine)  
7:25pm Handstand (Karine)  
7:20pm Stretch (Adelene)  
8:25pm Stretch (Adelene)  
8:30pm Middle Splits (Karine)

### FRIDAY

6:15pm Backbends (Clarice)  
7:20pm Contortion (Clarice)  
8:30pm Stretch (Clarice)

### SATURDAY

11:30am Middle Split (Hiromi)  
12:30pm Front Splits (Karine)  
1:35 Contortion (Karine)  
2:35pm Stretch (Adelene)  
3:30pm Backbends Course (Beverly)  
3:40pm Stretch (Adelene)  
4:45pm Handstand Contortion (Beverly)  
4:45pm Contortion (Adelene)  
6:00pm Acro Walkovers Inter. (Beverly)

### SUNDAY

10:00am Backbends (Clarice)  
11:15am Contortion Tricks (Clarice)  
11:30am Middle Split (Hiromi)  
12:30pm Contortion (Adelene)  
1:45pm Contortion (Adelene)  
2:30pm Stretch (Megan)  
3:30pm Front Splits (Megan)  
4:45pm Backbends Course (Megan)  
6:00pm Acro Walkovers Beg. (Megan)



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