

TERM 4 ★ JUNE 27 TO AUGUST 21

AERIAL CLASSES



MONDAY

9:30am Aerial Strong (Desmond)
12:00pm Silk Inter. 2 (Jamie & Adelene)
6:00pm Hammock Basics (Ardella)
7:15pm Silk Beg. 3 (Ardella)
8:30pm Silk Beg. 1 (Ardella)

TUESDAY

9:45am 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 Hammock Basic Drop-In (Liz)
11:00am Silk Drop-In (Ardella & Adelene)
5:00pm KIDS Aerial 9-12 yo (Sarah)
6:15pm Aerial Yoga Stretch (Benita)
7:15pm Silk Beg. 3 (Kendy)
8:35pm Hoop Beg. 2 (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 Inter. 2 (Rebecca)

FRIDAY

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

SATURDAY

9:00am Hoop Beg. 1 (Christine)
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 Drop-In (Jamie)
11:30am Silk Beg. 1 (Xinli)
12:45pm Hoop Beg. 2 (Rebecca)
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 4 ★ JUNE 27 TO AUGUST 21

STRETCH & MORE



MONDAY

- 1:20pm Stretch (Karine & Adelene)
- 4:00pm KIDS Acro Walkovers 5-8 yo (Bev)
- 5:00pm KIDS Acro Walkovers 9-12yo (Megan)
- 6:15pm Contortion (Clarice)
- 6:15pm Front Splits (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 (Karine & Adelene)
- 6:15pm Contortion (Megan & Adelene)
- 6:15pm Stretch (Hiromi)
- 7:20pm Stretch (Hiromi)
- 7:30pm Contortion (Megan & Adelene)
- 8:30pm Middle Splits (Hiromi)

WEDNESDAY

- 12:20pm Stretch (Hiromi & Adelene)
- 6:15pm Backbends (Clarice)
- 6:15pm Stretch (Karine)
- 7:25pm Stretch (Clarice)
- 7:30pm Contortion (Karine)
- 8:30pm Contortion (Clarice)
- 8:40pm Handstand (Karine)

THURSDAY

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

FRIDAY

- 12:15pm Stretch (Karine)
- 6:30pm Acro Walkovers Beg. (Megan)
- 7:35pm Backbends (Megan)
- 8:40pm Front Splits (Megan)

SATURDAY

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

SUNDAY

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



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