

# Marina One Drop In & Trial Classes (25th July – 31st July)



## AERIAL CLASSES

### MONDAY 25/7

1:15pm Silks Drop-In (Jamie)  
6:15pm Hoop Drop-In (Rebecca)  
7:00pm Silks Trial (Xinli)  
7:30pm Aerial Pole Trial (Rebecca)  
8:15pm Silks Drop-In (Xinli)

### TUESDAY 26/7

5:30pm Kids Aerial Trial 9 -12 yr  
(Christine)  
7:00pm Hoop Trial (Christine)  
7:15pm Hammock Trial (Amanda)  
8:30pm Hoop Drop-In (Amanda)

### WEDNESDAY 27/7

7:45am Aerial Stretch Trial (Liz)  
9:30am Hammock Trial (Liz)  
11:00am Silks Drop-In (Adelene)  
6:15pm Hoop Trial (Christine)  
7:15pm Aerial Stretch Trial (Benita)  
7:30pm Silks Trial (Christine)  
8:15pm Hammock Trial (Benita)

### THURSDAY 28/7

7:45am Aerial Stretch Trial (Liz)  
12:00pm Silks Drop-In (Sarah)  
6:15pm Silks Trial (Jamie)  
7:30pm Hoop Drop-In (Amanda)  
7:30pm Silks Drop-In (Jamie)

### FRIDAY 29/7

12:00pm Hammock Drop-In (Amanda)  
1:15pm Hoop Drop-In (Amanda)  
6:15pm Aerial Stretch Trial (Liz)  
7:15pm Hammock Trial (Liz)  
8:30pm Aerial Pole Trial (Liz)

### SATURDAY 30/7

9:30am Hoop Trial (Benita)  
10:00am Big Silks Drop Workshop (Jamie & Kendy)  
10:45am Hammock Trial (Benita)  
11:30am Silks Drop-In (Kendy)

### SUNDAY 31/7

10:30am Hoop Trial (Christine)  
12:00pm Hammock Trial (Christine)  
2:15pm Silks Trial (Xinli)  
3:30pm Silks Drop-In (Xinli)

-  Trial Classes
-  Drop-In Classes

Adedance Aerial  
5 Straits View - Marina One  
01-15 (West Tower)



# Marina One Drop In & Trial Classes (25th July – 31st July)

## STRETCH CLASSES

### MONDAY 25/7

12:00pm Stretch Drop-In (Karine)  
1:00pm Handstand Trial (Karine)  
6:15pm Stretch Drop-In (Karine)  
7:15pm Handstand Trial (Karine)

### TUESDAY 26/7

6:15pm Front Splits Trial (Sarah)  
7:15pm Backbend Trial (Sarah)  
8:15pm Middle Splits Trial (Sarah)

### WEDNESDAY 27/7

12:20pm Stretch Drop-In (Adelene)  
7:15pm Acro Walkovers Trial (Megan)  
8:30pm Stretch Drop-In (Megan)

### THURSDAY 28/7

1:15pm Stretch Drop-In (Sarah)  
6:15pm Stretch Drop-In (Megan)  
7:15pm Backbends Trial (Megan)  
8:15pm Stretch Drop-In (Megan)

### FRIDAY 29/7

12:15pm Stretch Drop-In (Karine)  
1:15pm Handstand Trial (Karine)

### SATURDAY 30/7

12.00pm Stretch Drop-In (Sarah)  
1.00pm Front Splits Trial (Sarah)  
5:45pm Front Splits Trial (Karine)

### SUNDAY 31/7

12:30pm Lyrical Dance Drop-In (Megan)  
1:30pm Stretch Drop-In (Megan)  
2:30pm Acro Walkovers Trial (Megan)

-  Trial Classes
-  Drop-In Classes

Adedance Aerial  
5 Straits View - Marina One  
01-15 (West Tower)