

Marina One Mini Term (1st August - 28th August)



AERIAL CLASSES

MONDAY

12:15pm Silks Drop-In (Ardella)
6:15pm Hoop Beg. (Rebecca)
7:15pm Silks Beg. (Kendy)
7:30pm Hoop Int. (Rebecca)
8:30pm Silks Int. (Kendy)

TUESDAY

12:35pm Hoop Drop-In (Hiromi)
5:30pm Kids Aerial 9 -12 yr (Christine)
6:15pm Hoop Drop-In (Rebecca)
7:00pm Hoop Beg. (Christine)
7:30pm Hammock Lyrical (Rebecca)

WEDNESDAY

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

THURSDAY

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

FRIDAY

12:00pm Hammock Drop-In (Amanda)
1:15pm Hoop Drop-In (Amanda)
6:15pm Aerial Stretch (Liz)
7:15pm Hammock Basics (Liz)
8:45pm Aerial Pole Beg. (Liz)

SATURDAY

9:30am Hoop Beg. (Benita)
10:45am Hammock Lyrical (Benita)
4.00pm Silks Drop-In (Kendy)
5:15pm Silks Int. (Kendy)

SUNDAY

10:00am Kids Aerial 5 - 8 yr (Christine)
11:00am Kids Aerial 9 -12 yr (Christine)
12:15pm Hammock Basics (Christine)
2:30pm Silks Beg. (Xinli)
3:45pm Silks Tricks Beg. (Xinli)

-  Courses
-  Drop-In Classes

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

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STRETCH CLASSES & MORE

MONDAY

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

TUESDAY

11:30am Stretch Drop-In (Hiromi)
6:15pm Front Splits (Sarah)
7:15pm Stretch Drop-In (Sarah)
8:15pm Stretch Drop-In (Sarah)

WEDNESDAY

12:20pm Stretch Drop-In (Adelene)
6:15pm Stretch Drop-In (Megan)
7:15pm Acro Walkovers Beg. (Megan)
8:30pm Middle Splits (Megan)

THURSDAY

1:15pm Stretch Drop-In (Sarah)
6:15pm Stretch Drop-In (Adelene)
7:15pm Backbends (Adelene)
8:30pm Stretch Drop-In (Adelene)

FRIDAY

12:15pm Stretch Drop-In (Karine)

SATURDAY

12:00pm Stretch Drop-In (Sarah)
1:00pm Front Splits (Sarah)
3:00pm Lyrical Dance Beg. (Megan)
4:00pm Jumps and Turns Beg. (Megan)
4:30pm Backbend (Karine)
5:30pm Handstands (Karine)

SUNDAY

12:30pm Lyrical Dance Beg. (Megan)
1:30pm Stretch Drop-In (Megan)
2:30pm Acro walkover Int. (Megan)

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