

# Marina One Term 5

## (29th August - 23rd October)



### AERIAL CLASSES

#### MONDAY

10:30am Aerial Stretch (Liz)  
 12:15pm Silks Drop-In (Ardella)  
 6:00pm Aerial Pole Int. (Ardella)  
 7:00pm Hoop Int. 1 (Rebecca)  
 7:20pm Silks Beg. 3 (Ardella)  
 8:15pm Hoop Drop-In (Rebecca)  
 8:35pm Silks Beg. 1 (Sarah)

#### TUESDAY

11:00am Silks Drop-In (Jamie)  
 12:30pm Aerial Strong (Jamie)  
 6:00pm Hammock Lyrical (Jamie)  
 6:30pm Silks Beg. 2 (Sarah)  
 7:15pm Silks Beg. 3 (Jamie)  
 7:45pm Aerial Strong (Sarah)  
 8:30pm Silks Int. 1 (Jamie)

#### WEDNESDAY

7:45am Aerial Stretch (Liz)  
 9:15am Hammock Basics (Liz)  
 11:30am Silks Int. 2 (Adelene)  
 12:15pm Aerial Pole Int. (Ardella)  
 5:30pm Kids Aerial 9 -12 yr (Christine)  
 7:15pm Silks Beg. 3 (Kendy)  
 8:30pm Silks Drop-In (Kendy)  
 8:30pm Hoop Beg. 2 (Benita)

#### THURSDAY

11:30am Silks Drop-In (Sarah)  
 12:00pm Aerial Stretch (Liz)  
 1:15pm Aerial Pole Beg. (Liz)  
 6:15pm Hoop Beg. 1 (Christine)  
 7:00pm Aerial Pole Beg. (Melissa)  
 7:30pm Hoop Int. 1 (Rebecca)  
 8:15pm Aerial Pole Int (Melissa)  
 8:45pm Hoop Int. 2 (Rebecca)

#### FRIDAY

12:00pm Hoop Drop-In (Amanda)  
 1:15pm Hammock Drop-In (Amanda)  
 6:15pm Aerial Stretch (Liz)  
 7:30pm Silks Int. 2 (Kendy)  
 7:45pm Aerial Pole Beg. (Liz)  
 8:45pm Silks Beg. 3 (Kendy)

#### SATURDAY

9:00am Aerial Pole Beg. (Ardella)  
 10:15am Hoop Int. 1 (Hiromi)  
 11:30am Hoop Beg. 2 (Rebecca)  
 12:45pm Hoop Int. 2 (Rebecca)  
 2:00pm Hammock Lyrical (Rebecca)  
 3:30pm Silks Beg. 1 (Kendy)  
 4:45pm Silks Drop-In (Kendy)

#### SUNDAY

9:15am Kids Aerial 5 - 8 yr (Christine)  
 10:00am Hammock Lyrical (Xinli)  
 10:15am Kids Aerial 9 -12 yr (Christine)  
 11:30am Hoop Beg. 1 (Christine)  
 11:30am Silks Drop-In (Xinli)  
 12:45pm Hoop Beg. 2 (Hiromi)  
 12:45pm Silks Beg. 1 (Xinli)  
 2:00pm Silks Beg. 2 (Kendy)  
 3:15pm Silks Beg. 3 (Kendy)  
 4:30pm Silks Int. 1 (Kendy)

- Courses
- Drop-In Classes

# Marina One Term 5

## (29th August - 23rd October)



### STRETCH CLASSES & MORE

#### MONDAY

12:00pm Stretch Drop-In (Karine)  
 12:30pm Contortion (Megan)  
 1:00pm Handstand (Karine)  
 5:00pm Kids Acro Walkovers  
 9 - 12 yr (Megan)  
 6:15pm Contortion Tricks (Megan)  
 7:15pm Stretch Drop-In (Megan)  
 7:20pm Contortion (Clarice)  
 8:30pm Front Splits (Megan)  
 8:30pm Backbends (Clarice)

#### TUESDAY

12:15pm Backbends (Adelene)  
 4:30pm Contortion (Adelene)  
 6:15pm Backbends (Yan)  
 6:15pm Contortion (Adelene)  
 7:20pm Front Splits (Karine)  
 7:30pm Contortion (Adelene)  
 8:30pm Middle Splits (Karine)

#### WEDNESDAY

12:45pm Stretch Drop-In (Adelene)  
 1:00pm Contortion (Megan)  
 6:15pm Backbends (Clarice)  
 6:15pm Stretch Drop-In (Karine)  
 6:30pm Lyrical Dance (Megan)  
 7:20pm Stretch Drop-In (Clarice)  
 7:30pm Contortion (Karine)  
 7:30pm Acro Walkovers Beg.  
 (Megan)  
 8:30pm Contortion (Clarice)  
 8:40pm Handstands (Karine)

#### THURSDAY

12:45pm Stretch Drop-In (Sarah)  
 6:15pm Front Splits (Adelene)  
 7:20pm Backbends (Adelene)  
 8:25pm Stretch Drop-In  
 (Adelene)

#### FRIDAY

12:15pm Stretch Drop-In (Karine)  
 1:15pm Handstands (Karine)  
 6:30pm Stretch Drop-In (Karine)  
 7:35pm Backbends (Karine)  
 8:40pm Front Splits (Karine)

#### SATURDAY

11:30am Middle Splits (Hiromi)  
 3:30pm Backbends (Beverly)  
 3:40pm Stretch Drop-In (Adelene)  
 4:45pm Handstand Contortion  
 (Beverly)  
 4:45pm Contortion (Adelene)  
 6:00pm Acro Walkovers Int.  
 (Beverly)

#### SUNDAY

10:00am Backbends (Clarice)  
 10:30am Front Splits (Hiromi)  
 11:15am Contortion Tricks (Clarice)  
 11:35am Middle Splits (Hiromi)  
 12:30pm Contortion (Adelene)  
 1:45pm Contortion (Adelene)  
 4:00pm Backbends (Yan)

- Courses
- Drop-In Classes