

Tai Seng Term 5

(29th August - 23rd October)



AERIAL CLASSES

MONDAY

9:30am Aerial Strong Drop-In (Desmond)
12:00pm Silks Drop-In (Adelene)

TUESDAY

10:00am Hammock Lyrical (Hiromi)
12:30pm Hoop Drop-In (Hiromi)

WEDNESDAY

7:15pm Hammock Basics (Amanda)
8:30pm Hammock Lyrical (Amanda)

THURSDAY

5:00pm Kids Aerial 5 - 8 yr (Desmond)

FRIDAY

6:45pm Aerial Strong Drop-In (Desmond)

SATURDAY

9:30am Hoop Beg. 2 (Benita)
10:45am Hammock Basics (Benita)
3:30pm Hammock Drop-In (Amanda)
4:45pm Hoop Int. 1 (Amanda)

SUNDAY

9:00am Kids Aerial 5 - 8 yr (Desmond)
10:15am Aerial Strong Drop-In (Desmond)

-  Courses
-  Drop-In Classes

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STRETCH CLASSES & MORE

MONDAY

1:20pm Stretch Drop-In (Adelene)
6:15pm Front Splits (Beverly)
7:20pm Backbends (Beverly)
8:30pm Stretch Drop-In (Beverly)

TUESDAY

11:15am Stretch Drop-In (Hiromi)
6:15pm Stretch Drop-In (Hiromi)
7:20pm Backbend (Hiromi)
8:30pm Middle Splits (Hiromi)

THURSDAY

10:00am Stretch Drop-In (Adelene)
6:15pm Backbends (Karine)
7:20pm Handstand (Karine)
8:30pm Middle Spilts (Karine)

FRIDAY

1:15pm Stretch Drop-In (Yan)
7:45pm Stretch Drop-In (Yan)

SATURDAY

12:15pm Front Spilts (Karine)
1:15pm Contortion (Karine)
2:20pm Stretch Drop-In (Karine)

SUNDAY

2:30pm Backbends (Megan)
3:30pm Front Spilts (Megan)
4:45pm Stretch Drop-In (Megan)
6:00pm Acro Walkovers Int. (Megan)

-  Courses
-  Drop-In Classes