

Marina One Term 5

(29th August - 23rd October)



AERIAL CLASSES

MONDAY

10:30am Aerial Stretch (Liz)
 12:15pm Silks Drop-In (Ardella)
 8:30pm Silks Beg. 1 (Sarah)

TUESDAY

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

WEDNESDAY

7:45am Aerial Stretch (Liz)
 9:30am 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)
 7:15pm Aerial Pole Int. (Melissa)
 7:30pm Hoop Int. 1 (Rebecca)
 8:45pm Hoop Beg. 3 (Rebecca)

FRIDAY

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

SATURDAY

9:00am Aerial Pole Beg. (Ardella)
 10:15am Hoop Int. 1 (Hiromi)
 11:30am Hoop Beg. 2 (Rebecca)
 12:30pm Aerial Pole Inter. (Ardella)
 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)
 10:30am 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

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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)
7:20pm 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