



WEEKLY TIMETABLE

From 27 May 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30PM	Lyra Foundations Phil	Hammock Foundations Sarisa	Silks Dance Intermediate Tasneem	Lyra Dance Intermediate Sarisa	Hammock Foundations Phil	Open Training	Open Training
		Welcome Class Montanna					
6:45PM	Hammock Dance Phil	Lyra Foundations Montanna	Advanced Silks Tasneem	Silks Foundations Sarisa	Silks Intermediate Sarisa	Silks Dance Beginner Montanna	Open Training
			Aerial Strength + Conditioning Jess	Welcome Class Lauren			
8:00PM	Lyra Skills Intermediate Phil	Lyra Skills Int/Adv Sarisa	Advanced Hammock Tasneem	Lyra Dance Beginner Lauren	Silks Foundations Sarisa	Welcome Class Montanna	
			Aerial Stretch + Flex Jess				

All classes are 1 hour except otherwise stated. Open training sessions are 90 minutes.
Timetable subject to change pending instructor availability and class demand.

Private sessions (single or group) may be available on request.
Open training times may change pending instructor availability and alternate times may be negotiable, contact us to discuss..