

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 a.m				Power Vinyasa Yoga Natalie			
9.30 a.m						Aerial Yoga Anouk	
10.30 a.m						Open Studio (2 hours)	
11.30 a.m							
2.00 p.m							Aerial Foundation Lydia
3.00 p.m					Open Studio (2 hours)		Open Studio (2 hours)
4.00 p.m	Open Studio (2 hours)						
5.00 p.m				Aerial Hammock Mixed Levels Yulia			
6.00 p.m	Aerial Yoga Yulia	Aerial Silks Level 1 & 2 Anouk	Aerial Foundation Lydia	Aerial Silks Level 3+ Yulia			
7.00 p.m	Aerial Silks Level 2 &3 Yulia	Intro to Aerial Yoga Anouk	Open Studio (2 hours)	Open Studio (2 hours)			
8.00 p.m							

