



WEEKLY TIMETABLE

Studio Cloud Nine + Aerial Gymnastics York

● Adult Aerial ● Kids & Teens ● Strength ● Open / Private ● Workshops & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 12:00 Privates		10:00 - 11:00 Strength Training 50+		10:30 - 11:45 Level 2 & 3 Silks	10:00 - 11:00 Level 2 Kids (ages 12-15)	10:15 - 11:15 Level 1 Kids (ages 10-12)
					11:00 - 12:00 Level 3 Kids (ages 13-16)	11:15 - 12:15 Beginners (ages 12-15)
16:30 - 17:30 Open Training & Privates	16:30 - 17:30 Mini Flyers (ages 8-10)	16:40 - 17:40 Open Training & Privates	16:30 - 17:30 Mini Flyers (ages 6-8)	16:30 - 17:30 Level 2 Kids (ages 9-12)	12:15 - 13:15 Boys Class (ages 9-11)	12:30 - 13:30 Level 1 Kids (ages 12-14)
17:45 - 18:45 Improvers & Level 1 Silks	18:00 - 19:10 Level 2 Silks	17:55 - 19:10 Level 3 Lyra	17:45 - 18:45 Level 2 Kids (ages 10-12)	17:45 - 18:45 Level 2 Kids (ages 12-15)	13:30 - 14:30 Level 1 Kids (ages 11-13)	
18:45 - 19:45 Beginner Silks		19:15 - 20:15 Level 2 Lyra	19:15 - 20:30 Strength Training	19:00 - 20:15 Level 3 Silks		14:00 - 15:00 Workshops / Family Aerial / Parties
19:50 - 21:00 Level 2 Silks	19:35 - 20:50 Strength Training	20:15 - 21:15 Improvers & Beginner Lyra		20:30 - 21:30 Level 1 & Improvers Silks		