

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:30					Silks – Beginners (10:30 – 11:30)	
11:00						
11:30				Open Training (11:30 – 1:00)		
11:45						
12:00						Level 1 Silks (12:00 – 1:00)
12:30						
13:00						
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16:30	Silks – Level 1 (4:30 – 5:30)	Silks – Level 2 + (4:45 – 5:45)	Mini Flyers Aerial (4:30 – 5:30)		Mini Flyers Aerial (4:30 – 5:30)	
16:45						
17:00						
17:15						
17:30						
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18:00	Silks - Level 1 (6:00 – 7:00)	Silks – Level 1 (6:00 – 7:00)	Lyra – Level 1 (6:00 – 7:00)	Strength Training (6:00 – 7:00)	Lyra – Level 2 (6:00 – 7:00)	
18:15						
18:30						
18:45						
19:00						
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19:15	Silks - Level 2 (7:15 – 8:15)	Strength Training (7:30 – 8:30)	Lyra – Level 2 (7:15 – 8:15)	Strength Training (7:30 – 8:30)	Silks – Level 2 + (7:30 – 8:30)	
19:30						
19:45						
20:00						
20:15						
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20:30	Silks – Beginners (8:30 – 9:30)	Strength Training (8:45 – 9:45)	Lyra – Beginners (7:30 – 8:30)			
20:45						
21:00						
21:15						
21:30						