



Class Schedule

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30			Aerial Yoga (8:30-9:30)	Aerial Yoga (8:30-9:30)	Aerial Yoga (8:30-9:30)	09:30		
9:00						10:00		
—						10:30		Aerial Yoga (10:30-11:30)
—						11:00	Aerial Yoga (11:00-12:00)	
16:30						11:30		
17:00	Intro to Silks (17:00-18:00)	Intro to Hoop (17:00-18:00)	Aerial Yoga (17:00-18:00)		Aerial Yoga (17:00-18:00)	12:00		Extreme Stretching (12:00-13:30)
17:30						12:30	Intro to Silks (12:30-13:30)	
18:00	Intermediate Aerial Silks (18:00-19:30)	Beg/Int Aerial Hoop (18:00-19:30)	Intermediate Aerial Yoga (18:00-19:00)	Beginner Handstands (18:00-19:30)		13:00		
18:30					Intro to Silks (18:30-19:30)	13:30		
19:00						14:00	Student Open Training (14:00-15:30)	Student Open Training (14:00-15:30)
19:30	Beginner Aerial Silks (19:30-21:00)	Extreme Stretch (19:30-21:00)	Beginner Aerial Silks (19:30-21:00)			14:30		
20:00		Starting July		Intro to Hoop 20:00-21:00		15:00		
20:30						15:30		
21:00						16:00		

Reservations are required for all classes. Please use our online booking system to reserve your place:
<http://flair-studios.de/booking>