

This August at avoyoga



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
				TERM19:00 - 20:15Aerial Flow Course - Batch 12HT TERM19:00 - 20:15Aerial Beginners Flow Course - Batch 7Nysha	DROP-IN10:00 - 11:00Little Flyers (3-5) DROP-IN11:30 - 11:30Aerial Fit Flow Siti DROP-IN11:15 - 12:45Teen Flyers (9-15) DROP-IN13:00 - 14:30Junior Flyers (6-10) DROP-IN11:45 - 12:35Aerial Stretch & StrengthPei Wen DROP-IN14:35 - 14:35Aerial Basic Flow Michelle	TERM10:15 - 11:30Hoop Flow Course - Batch 11Yan TERM13:30 - 14:45Aerial Flow Course - Batch 13Siti
4	5	6	7	8	9	10
DROP-IN18:30 - 19:20Aerial Stretch & StrengthNishy DROP-IN19:30 - 20:30Wheel YogaNishy	DROP-IN12:00 - 13:00Aerial Basic FlowMichelle DROP-IN18:45 - 19:45Aerial Active FlowNiko	DROP-IN18:45 - 19:40Yoga FlowNishy DROP-IN19:45 - 20:45Aerial RestoreNishy	DROP-IN18:45 - 19:35Aerial Stretch & StrengthStacey DROP-IN19:15 - 20:15Aerial Active FlowHT	TERM19:00 - 20:15Aerial Flow Course - Batch 12HT TERM19:00 - 20:15Aerial Beginners Flow Course - Batch 7Nysha	DROP-IN10:15 - 11:15Aerial Fit Flow Siti DROP-IN11:15 - 12:45Teen Flyers (9-15) DROP-IN11:30 - 12:20Aerial Stretch & StrengthStacey DROP-IN15:00 - 16:00Aerial Yoga Playdate DROP-IN16:30 - 18:00Teen Flyers (9-15)	TERM10:15 - 11:30Hoop Flow Course - Batch 11Yan DROP-IN11:45 - 12:35Aerial Stretch & StrengthLiyana DROP-IN12:45 - 14:45Aerial Active FlowZhen TERM13:30 - 14:45Aerial Flow Course - Batch 13Siti
11	12	13	14	15	16	17
DROP-IN18:30 - 19:20Aerial Stretch & StrengthNishy DROP-IN19:30 - 20:30Wheel YogaNishy	DROP-IN12:00 - 13:00Aerial Basic FlowMichelle DROP-IN18:45 - 19:45Aerial Active FlowNiko	DROP-IN18:45 - 19:40Yoga FlowNishy DROP-IN19:45 - 20:45Aerial RestoreNishy	DROP-IN18:45 - 18:35Aerial Stretch & StrengthStacey DROP-IN19:15 - 20:15Aerial Active FlowHT	DROP-IN18:45 - 19:45Aerial RestoreErin DROP-IN19:00 - 20:00Aerial Basic FlowNysha	DROP-IN10:00 - 11:00Little Flyers (3-5) DROP-IN11:15 - 12:45Teen Flyers (9-15) DROP-IN13:00 - 14:30Junior Flyers (6-10) DROP-IN10:15 - 11:15Aerial Fit Flow Siti DROP-IN11:30 - 12:20Aerial Stretch & StrengthStacey DROP-IN13:40 - 14:40Aerial Basic FlowMichelle	TERM10:15 - 11:30Hoop Flow Course - Batch 11Yan DROP-IN11:45 - 12:35Aerial Stretch & StrengthLiyana DROP-IN12:45 - 14:45Aerial Active FlowZhen TERM13:30 - 14:45Aerial Flow Course - Batch 13Siti
18	19	20	21	22	23	24
DROP-IN18:30 - 19:20Aerial Stretch & StrengthNishy DROP-IN19:30 - 20:30Wheel YogaNishy	DROP-IN12:00 - 13:00Aerial Basic FlowMichelle DROP-IN18:45 - 19:45Aerial Active FlowNiko	DROP-IN18:45 - 19:40Yoga FlowNishy DROP-IN19:45 - 20:45Aerial RestoreNishy	DROP-IN18:45 - 18:35Aerial Stretch & StrengthStacey DROP-IN19:15 - 20:15Aerial Active FlowHT	DROP-IN18:45 - 19:45Aerial RestoreErin DROP-IN19:00 - 20:00Aerial Basic FlowNysha	DROP-IN10:00 - 11:00Little Flyers (3-5) DROP-IN11:15 - 12:45Teen Flyers (9-15) DROP-IN13:00 - 14:30Junior Flyers (6-10) DROP-IN10:15 - 11:15Aerial Fit Flow Siti DROP-IN11:30 - 12:20Aerial Stretch & StrengthStacey DROP-IN13:35 - 14:35Aerial Basic FlowMichelle	TERM10:15 - 11:30Hoop Flow Course - Batch 11Yan DROP-IN11:45 - 12:35Aerial Stretch & StrengthLiyana DROP-IN12:45 - 14:45Aerial Active FlowZhen TERM13:30 - 14:45Aerial Flow Course - Batch 13Siti
25	26	27	28	29	30	31
POP-UP10:30 - 12:00Mum & Bub Coffee Morning DROP-IN18:30 - 19:20Aerial Stretch & StrengthNishy DROP-IN19:30 - 20:30Wheel YogaNishy	DROP-IN12:00 - 13:00Aerial Basic FlowMichelle DROP-IN18:45 - 19:45Aerial Active FlowNiko	DROP-IN18:45 - 19:40Yoga FlowNishy DROP-IN19:45 - 20:45Aerial RestoreNishy	DROP-IN18:45 - 18:35Aerial Stretch & StrengthStacey DROP-IN19:15 - 20:15Aerial Active FlowHT	DROP-IN18:45 - 19:45Aerial RestoreErin DROP-IN19:00 - 20:00Aerial Basic FlowNysha	DROP-IN10:15 - 11:15Aerial Fit Flow Siti DROP-IN11:15 - 12:45Teen Flyers (9-15) DROP-IN11:30 - 12:20Aerial Stretch & StrengthNishy DROP-IN13:35 - 14:35Aerial Basic FlowMichelle DROP-IN15:00 - 18:00Aerial Yoga Playdate DROP-IN16:30 - 18:00Teen Flyers (9-15)	DROP-IN11:45 - 12:35Aerial Stretch & StrengthLiyana DROP-IN12:45 - 14:45Aerial Active FlowZhen TERM13:30 - 14:45Aerial Flow Course - Batch 13Siti

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