

This November at avoyoga



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
					DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:30 Junior Flyers (6-10) DROP-IN 10:00 - 11:00 Aerial Active Flow Siti DROP-IN 11:15 - 12:15 Aerial Pilates Siti DROP-IN 13:35 - 14:35 Aerial Basic Flow Michelle	TERM 9:00 - 10:15 Aerial Flow Course - Batch 14 Siti DROP-IN 10:30 - 11:30 Aerial Basic Flow Elsa DROP-IN 10:45 - 11:45 Little Flyers (3-5) DROP-IN 11:45 - 12:35 Aerial Stretch & Strength Liyana DROP-IN 12:00 - 13:00 Young Flyers (9-15) DROP-IN 12:45 - 13:45 Aerial Active Flow Zhen
3	4	5	6	7	8	9
DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy DROP-IN 19:30 - 20:30 Wheel Yoga Nishy	DROP-IN 18:45 - 19:45 Aerial Active Flow Niko	DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle DROP-IN 18:45 - 19:40 Yoga Flow Nishy DROP-IN 19:45 - 20:45 Aerial Restore Nishy	DROP-IN 10:30 - 11:30 Mama's Aerial Yoga DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey DROP-IN 19:15 - 20:15 Aerial Active Flow HT		DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:30 Junior Flyers (6-10) DROP-IN 10:00 - 11:00 Aerial Active Flow Siti DROP-IN 11:15 - 12:15 Aerial Pilates Siti DROP-IN 13:35 - 14:35 Aerial Basic Flow Michelle	TERM 9:00 - 10:15 Aerial Flow Course - Batch 15 Yan DROP-IN 10:30 - 11:30 Aerial Basic Flow Elsa DROP-IN 10:45 - 11:45 Little Flyers (3-5) DROP-IN 11:45 - 12:35 Aerial Stretch & Strength Liyana DROP-IN 12:00 - 13:00 Young Flyers (9-15) DROP-IN 13:00 - 14:00 Aerial Active Flow Zhen
10	11	12	13	14	15	16
DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy DROP-IN 19:30 - 20:30 Wheel Yoga Nishy	DROP-IN 18:45 - 19:45 Aerial Active Flow Niko	DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle DROP-IN 18:45 - 19:40 Yoga Flow Nishy DROP-IN 19:45 - 20:45 Aerial Restore Nishy	DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey DROP-IN 19:15 - 20:15 Aerial Active Flow HT		DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:30 Junior Flyers (6-10) DROP-IN 10:00 - 11:00 Aerial Active Flow Siti DROP-IN 11:15 - 12:15 Aerial Pilates Siti DROP-IN 13:35 - 14:35 Aerial Basic Flow Michelle	TERM 9:00 - 10:15 Aerial Flow Course - Batch 15 Yan DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 10:30 - 11:30 Aerial Basic Flow Elsa DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 11:45 - 12:35 Aerial Stretch & Strength Liyana DROP-IN 13:00 - 14:00 Aerial Active Flow Zhen
17	18	19	20	21	22	23
DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy DROP-IN 19:30 - 20:30 Wheel Yoga Nishy	DROP-IN 18:45 - 19:45 Aerial Active Flow Niko	DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle DROP-IN 18:45 - 19:40 Yoga Flow Nishy DROP-IN 19:45 - 20:45 Aerial Restore Nishy	DROP-IN 18:45 - 18:35 Aerial Stretch & Strength Pei Wen DROP-IN 19:15 - 20:15 Aerial Active Flow HT		DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:30 Junior Flyers (6-10) DROP-IN 10:00 - 11:00 Aerial Active Flow Siti DROP-IN 11:15 - 12:15 Aerial Pilates Siti DROP-IN 13:35 - 14:35 Aerial Basic Flow Michelle	DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 10:30 - 11:30 Aerial Basic Flow Elsa DROP-IN 11:45 - 12:35 Aerial Stretch & Strength Liyana DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:00 Aerial Active Flow Zhen
24	25	26	27	28	29	30
DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy DROP-IN 19:30 - 20:30 Wheel Yoga Nishy	DROP-IN 18:45 - 19:45 Aerial Active Flow Niko	DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle DROP-IN 18:45 - 19:40 Yoga Flow Nishy DROP-IN 19:45 - 20:45 Aerial Restore Nishy	DROP-IN 18:45 - 18:35 Aerial Stretch & Strength Stacey DROP-IN 19:15 - 20:15 Aerial Active Flow HT		DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:30 Junior Flyers (6-10) DROP-IN 10:00 - 11:00 Aerial Active Flow Siti DROP-IN 11:15 - 12:15 Aerial Pilates Siti DROP-IN 13:35 - 14:35 Aerial Basic Flow Michelle	TERM 9:00 - 10:15 Aerial Flow Course - Batch 15 Yan DROP-IN 10:00 - 11:00 Little Flyers (3-5) DROP-IN 10:30 - 11:30 Aerial Basic Flow Elsa DROP-IN 11:45 - 12:35 Aerial Stretch & Strength Liyana DROP-IN 11:15 - 12:45 Young Flyers (9-15) DROP-IN 13:00 - 14:00 Aerial Active Flow Zhen

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Refer to our online schedule for latest update