

This March at avoyoga



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
						<p>TERM 10:00 - 18:00 90 Hour Aerial Teacher Training</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:15 - 14:15 Aerial Basic Flow Liyana</p>
2	3	4	5	6	7	8
<p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Int. Flow Course - Batch 17 Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow Niko</p>	<p>DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle</p> <p>DROP-IN 18:45 - 19:40 Yoga Flow Nishy</p> <p>DROP-IN 19:45 - 20:45 Aerial Restore Nishy</p>	<p>DROP-IN 10:30 - 11:20 Aerial Stretch & Strength Michelle</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>		<p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:00 - 14:30 Young Flyers (6-15)</p> <p>DROP-IN 10:00 - 11:00 Aerial Active Flow Zhen</p> <p>DROP-IN 11:15 - 12:15 Aerial Pilates Siti</p> <p>TERM 13:15 - 14:30 Aerial Beginners Flow - Batch 9 Michelle</p>	<p>TERM 10:00 - 18:00 90 Hour Aerial Teacher Training</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:15 Young Flyers (6-15)</p> <p>DROP-IN 13:15 - 14:05 Aerial Stretch & Strength Liyana</p>
9	10	11	12	13	14	15
<p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Int. Flow Course - Batch 17 Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow Niko</p>	<p>DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle</p> <p>DROP-IN 18:45 - 19:40 Yoga Flow Nishy</p> <p>DROP-IN 19:45 - 20:45 Aerial Restore Nishy</p>	<p>DROP-IN 10:30 - 11:20 Aerial Stretch & Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>		<p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:00 - 14:30 Young Flyers (6-15)</p> <p>DROP-IN 10:00 - 11:00 Aerial Active Flow Siti</p> <p>DROP-IN 11:15 - 12:15 Aerial Pilates Siti</p> <p>TERM 13:15 - 14:30 Aerial Beginners Flow - Batch 9 Michelle</p>	<p>TERM 10:00 - 18:00 90 Hour Aerial Teacher Training</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:15 - 14:15 Aerial Basic Flow Liyana</p>
16	17	18	19	20	21	22
<p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow Niko</p>	<p>DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle</p> <p>DROP-IN 18:45 - 19:40 Yoga Flow Nishy</p> <p>DROP-IN 19:45 - 20:45 Aerial Restore Nishy</p>	<p>DROP-IN 10:30 - 11:20 Aerial Stretch & Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>		<p>DROP-IN 10:00 - 11:00 Aerial Active Flow Zhen</p> <p>DROP-IN 11:15 - 12:05 Aerial Pilates Zhen</p>	<p>TERM 10:00 - 18:00 90 Hour Aerial Teacher Training</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:15 Young Flyers (6-15)</p> <p>DROP-IN 13:15 - 14:05 Aerial Stretch & Strength Zhen</p>
23	24	25	26	27	28	29
<p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Int. Flow Course - Batch 17 Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow Niko</p>	<p>DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle</p> <p>DROP-IN 18:45 - 19:40 Yoga Flow Nishy</p> <p>DROP-IN 19:45 - 20:45 Aerial Restore Nishy</p>	<p>DROP-IN 10:30 - 11:20 Aerial Stretch & Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>		<p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:00 - 14:30 Junior Flyers (6-15)</p> <p>DROP-IN 10:00 - 11:00 Aerial Active Flow Siti</p> <p>DROP-IN 11:15 - 12:15 Aerial Pilates Siti</p> <p>DROP-IN 15:00 - 16:00 Aerial Yoga Playdate</p>	<p>TERM 10:00 - 18:00 90 Hour Aerial Teacher Training</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</p> <p>DROP-IN 11:15 - 12:45 Young Flyers (6-15)</p> <p>DROP-IN 13:15 - 14:15 Aerial Basic Flow Liyana</p>
30	31	1	2	3	4	5
<p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Int. Flow Course - Batch 17 Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow Niko</p>					

Book your next class today at avo.sg

Refer to our online schedule for latest update