

# This May at avoyoga



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
					<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 - 12:05 Aerial Stretch &amp; Strength Zhen</p> <p>TERM 13:15 - 14:30 Aerial Beginners Flow - Batch 9 Michelle</p>	<p>TERM 10:00 - 16:00 Kids &amp; Family Aerial Teacher Training Michelle</p> <p>DROP-IN 11:15 - 12:15 Young Flyers (6-15)</p>
4	5	6	7	8	9	10
<p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow</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 &amp; Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch &amp; Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>	<p>DROP-IN 18:15 - 19:15 Aerial Basic 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 10 Michelle</p>	<p>TERM 10:00 - 16:00 Kids &amp; Family Aerial Teacher Training Michelle</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 14:15 - 15:15 Aerial Basic Flow Liyana</p>
11	12	13	14	15	16	17
<p>DROP-IN 18:30 - 19:20 Aerial Stretch &amp; Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Spinning Flow Course Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow</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 &amp; Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch &amp; Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>	<p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>TERM 10:00 - 16:00 Kids &amp; Family Aerial Teacher Training Michelle</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 10 Michelle</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 11:45 - 12:35 Aerial Stretch &amp; Strength Zhen</p>
18	19	20	21	22	23	24
<p>DROP-IN 18:30 - 19:20 Aerial Stretch &amp; Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Spinning Flow Course Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow</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 18:45 - 19:35 Aerial Stretch &amp; Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>	<p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>TERM 10:00 - 16:00 Kids &amp; Family Aerial Teacher Training Michelle</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 10 Michelle</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 14:15 - 15:15 Aerial Basic Flow Liyana</p>
25	26	27	28	29	30	31
<p>DROP-IN 18:30 - 19:20 Aerial Stretch &amp; Strength Nishy</p> <p>TERM 19:00 - 20:15 Aerial Spinning Flow Course Siti</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>DROP-IN 18:45 - 19:45 Aerial Active Flow</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 &amp; Strength Michelle</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch &amp; Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow</p>	<p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>TERM 10:00 - 16:00 Kids &amp; Family Aerial Teacher Training Michelle</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 10 Michelle</p>	<p>OPEN HOUSE 09:30 - 10:20 Aerial Basic Flow</p> <p>OPEN HOUSE 10:30 - 11:20 Aerial Active Flow</p> <p>OPEN HOUSE 12:30 - 13:20 Aerial Restore</p> <p>OPEN HOUSE 14:30 - 15:20 Aerial Restore</p> <p>OPEN HOUSE 16:30 - 17:20 Aerial Stretch &amp; Strength</p> <p>DROP-IN 10:00 - 11:00 Mini Flyers (6m - 3y)</p> <p>OPEN HOUSE 11:30 - 12:20 Aerial Stretch &amp; Strength</p> <p>OPEN HOUSE 13:30 - 14:20 Aerial Basic Flow</p> <p>OPEN HOUSE 15:30 - 16:20 Aerial Active Flow</p>

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Refer to our online schedule for latest update