

This June at avoyoga



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>DROP-IN 13:00 - 13:45 Aerial Intro</p> <p>TERM 14:15 - 15:30 Aerial Spinning Flow Course Siti</p> <p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>2</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 12:00 - 12:30 Aerial Restore Lite</p> <p>DROP-IN 18:45 - 19:45 Aerial Active Flow</p>	<p>3</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</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>4</p> <p>DROP-IN 10:00 - 11:15 Aerial Play & Open Practice Session</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 12:00 - 12:45 Aerial Intro</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:00 - 20:00 Aerial Active Flow HT</p>	<p>5</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>6</p> <p>TERM 10:00 - 16:00 Kids & Family 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 13:00 - 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>7</p> <p>DROP-IN 11:15 - 12:15 Avoyoga Community Session with A for Apothecary + Haru Plate</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>
<p>8</p> <p>DROP-IN 09:00 - 17:00 Holiday Camp - Kids Aerial & Crochet</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>9</p> <p>DROP-IN 09:00 - 17:00 Holiday Camp - Kids Aerial & Crochet</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 18:45 - 19:45 Aerial Active Flow</p>	<p>10</p> <p>DROP-IN 10:00 - 11:15 Aerial Play & Open Practice Session</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 12:00 - 13:00 Aerial Basic Flow Michelle</p> <p>DROP-IN 19:00 - 20:00 Aerial Restore Nishy</p>	<p>11</p> <p>DROP-IN 10:00 - 11:15 Aerial Play & Open Practice Session</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 12:00 - 12:45 Aerial Intro</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:00 - 20:00 Aerial Active Flow HT</p>	<p>12</p> <p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>13</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>DROP-IN 15:00 - 15:45 Aerial Intro</p>	<p>14</p> <p>TERM 10:00 - 16:00 Kids & 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>
<p>15</p> <p>DROP-IN 09:00 - 12:00 Holiday Camp - Kids Aerial Workshop</p>	<p>16</p> <p>DROP-IN 09:00 - 17:00 Holiday Camp - Kids Aerial & Crochet</p> <p>DROP-IN 18:45 - 19:45 Aerial Active Flow</p>	<p>17</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>18</p> <p>DROP-IN 10:00 - 11:15 Aerial Play & Open Practice Session</p> <p>DROP-IN 10:30 - 11:00 Aerial Restore Lite</p> <p>DROP-IN 11:15 - 11:45 Aerial Restore Lite</p> <p>DROP-IN 12:00 - 12:45 Aerial Intro</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow HT</p>	<p>19</p> <p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>20</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 15:00 - 15:45 Aerial Intro</p>	<p>21</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 & Strength Zhen</p>
<p>22</p> <p>DROP-IN 09:00 - 12:00 Holiday Camp - Kids Aerial Workshop</p> <p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>23</p> <p>DROP-IN 18:45 - 19:45 Aerial Active Flow</p>	<p>24</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>25</p> <p>DROP-IN 10:00 - 11:15 Aerial Play & Open Practice Session</p> <p>DROP-IN 18:45 - 19:35 Aerial Stretch & Strength Stacey</p> <p>DROP-IN 19:15 - 20:15 Aerial Active Flow HT</p>	<p>26</p> <p>DROP-IN 18:15 - 19:15 Aerial Basic Flow</p>	<p>27</p> <p>DROP-IN 10:00 - 11:00 Little Flyers (3-5)</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>28</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>
<p>29</p> <p>DROP-IN 18:30 - 19:20 Aerial Stretch & Strength Nishy</p> <p>DROP-IN 19:30 - 20:30 Wheel Yoga Nishy</p>	<p>30</p> <p>DROP-IN 18:45 - 19:45 Aerial Active Flow</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>

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