

# This July at avoyoga



| Monday                                                                                                                                                                       | Tuesday                                                                                                                                                                                              | Wednesday                                                                                                                                                          | Thursday                                                                                                                                                                            | Friday                                                      | Saturday                                                                                                                                                                                                                                                                                                                                                    | Sunday                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 29                                                                                                                                                                           | 30                                                                                                                                                                                                   | 1                                                                                                                                                                  | 2                                                                                                                                                                                   | 3                                                           | 4                                                                                                                                                                                                                                                                                                                                                           | 5                                                                                                                                                                                                                                                                                          |
|                                                                                                                                                                              |                                                                                                                                                                                                      | <div><div>DROP-IN12:00 - 13:00Aerial Basic FlowMichelle</div><div>DROP-IN18:45 - 19:40Yoga FlowNishy</div></div>                                                   | <div><div>DROP-IN10:45 - 11:35Aerial Basic FlowRaidah</div><div>DROP-IN18:45 - 19:35Aerial Stretch &amp; StrengthStacey</div><div>TERM19:00 - 20:15Aerial Flow CourseHT</div></div> | <div><div>DROP-IN18:15 - 19:15Aerial Basic Flow</div></div> | <div><div>DROP-IN10:00 - 11:00Mini Flyers (18m - 3y)</div><div>DROP-IN11:15 - 12:45Young Flyers (6-15)</div><div>DROP-IN13:00 - 14:30Young Flyers (6-15)</div><div><div>DROP-IN10:00 - 11:00Aerial Active FlowZhen</div><div>DROP-IN11:15 - 12:15Aerial Stretch &amp; StrengthZhen</div><div>DROP-IN13:15 - 14:15Aerial Techniques Clinic</div></div></div> | <div><div>DROP-IN08:30 - 09:30Aerial Basic FlowLiyana</div><div>DROP-IN10:00 - 10:50Aerial Stretch &amp; StrengthZhen</div><div>DROP-IN10:00 - 11:00Little Flyers (3-5)</div><div>DROP-IN11:15 - 12:15Aerial Active FlowZhen</div><div>DROP-IN11:15 - 12:15Young Flyers (6-15)</div></div> |
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