



# Up! Aerial Fitness

## "Where Fun Takes Flight"

January – February 2019



### Monday:

5:45pm Hammock Level 1  
6:45pm Hammock Level 2  
6:45pm Hoop & Trapeze Level 1  
7:45pm Beginner Aerial Yoga  
7:45pm Aerial Silks Level 3/4

### Tuesday:

5:45pm Youth Hoop / Trap Level 1  
6:45pm Youth Hoop / Trap Level 2  
7:45pm Bungee Fitness

### Wednesday:

5:45pm Candlelight Aerial Yoga  
5:45pm \*varied classes / check online  
6:45pm BarreFit  
6:45pm Aerial Silks Level 2  
7:45pm Aerial Silks Level 1  
7:45pm Hoop Level 2

### Thursday:

5:45pm Core Aerial  
5:45pm Hoop/Trapeze Level 2  
6:45pm Hoop Level 3  
7:45pm Open Practice  
7:45pm Acrofit / Acroyoga

### Friday:

Closed – Private Events and Showcase  
Practice Times

### Saturday:

9:00am Youth Silks / Hammock L1  
10:00am Youth Silks / Hammock L2  
11:00 Cirque Circuit  
12:00pm Introduction to Aerial - Walk In

**1pm-9pm Available for private lessons,  
events and parties**

### Sunday:

Closed

### Memberships:

Attend any class listed on the schedule with a membership, up to the level you are approved to attend. To take a level 1 class, instructor approval must be given **or** completion of 2 intro to aerial classes to get the foundations.

