

# JANUARY 2026 WEEKLY TIMETABLE



Please note: these are casual prices - discounts available for regular students, please ask your teacher.

CLASS	TEACHER	PRICE
<b>WEDNESDAY</b>		
6:30 - 7:15am	Pranayama ~ Breathwork	Kim
8:30 - 10am	AERIAL Training	Kim/ Danielle
<b>THURSDAY</b>		
6 - 7:30pm	Adult Beginner AERIAL	Danielle
<b>FRIDAY</b>		
7 - 8am	Sunrise Movement & Meditation	Danielle
3:30 - 4:45pm	Junior AERIAL	Raven
4:45 - 6pm	Advanced AERIAL	Raven
<b>SUNDAY</b>		
7.30 - 8.30am	Remedial Yoga Therapy	Gosia

