

JANUARY 2026 WEEKLY TIMETABLE



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

CLASS	TEACHER	PRICE
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WEDNESDAY

6:30 - 7:15am	Pranayama ~ Breathwork	Kim	\$15
8:30 - 10am	AERIAL Training	Kim/ Danielle	\$15

THURSDAY

6 - 7:30pm	Adult Beginner AERIAL	Danielle	\$35
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FRIDAY

7 - 8am	Sunrise Movement & Meditation	Danielle	\$15
3:30 - 4:45pm	Junior AERIAL	Raven	\$35
4:45 - 6pm	Advanced AERIAL	Raven	\$35

SUNDAY

7.30 - 8.30am	Remedial Yoga Therapy	Gosia	\$20
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