

# Members Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>18:55</b> - Mixed Ability Pole Fitness (C)  <b>20:15</b> – Mixed Ability Aerial Hoop (C)	<b>9:45</b> – Member Practice  Daytime: School Visits, Home-Ed Groups and Private Sessions available.  <b>18:55</b> – Beginner Aerial Hoop (K)  <b>20:15</b> - Mixed Pole Fitness (K)	Daytime: School Visits, Home-Ed Groups and Private Sessions available.  <b>16:45</b> – Little Tricksters *Age 7 Plus (K)  <b>19:00</b> – Flexibility (H) <b>19:00</b> - Member Pole Practice (H)  <b>20:00</b> – Aerial Silks (H) <b>20:00</b> – Member Pole Practice (H)	<b>9.45am</b> - Mums Aerial Fit  <b>16:15</b> – Little Tricksters *Age 7 Plus (H)  <b>19:00</b> – Aerial Silks (H) <b>19:00</b> – Member Pole Practice (H)  <b>20:00</b> – Advanced Plus Pole Fitness (H)	<b>10.30</b> – Member Practice  Studio Instructor Training and Private Lessons

Saturday	Sunday
<b>10.45</b> – Open Practice Non-Members Welcome (£8)  <b>14:00</b> Circus Skills *Age 4-7 (L) <b>15:00</b> Little Tricksters *Age 7 Plus (L) <b>16:00</b> Mixed Ability, Aerial Hoop and Aerial Silks (L)	<b>15:45</b> Little Tricksters *Age 7 Plus (H) <b>16:45</b> Little Tricksters *Age 7 Plus (H)  <b>18:00</b> Beginner Pole Fitness (H) <b>19:00</b> Intermediate Pole Fitness (K)

Aerial Arts Studio runs on a membership basis. We do not offer Drop In; this enables us to give a quality service to our members and continue to grow our studio community. Memberships start from £46 for Adults and £40 for Children.

Classes do not run on Bank Holidays or during the Christmas period. Children's classes continue over school holidays.

Trials – We offer Adult Trial Passes, providing the opportunity to trial a class before committing to a membership plan. Once a pass is purchased, you can select a preferred class on the calendar. Trial Passes – [www.aerialartsstudio.co.uk/trials](http://www.aerialartsstudio.co.uk/trials)  
 Child passes are limited, please ask for details.

Please contact use for information on Aerial Party Packages, School Visits, Home Ed Classes, Studio Hire and Private sessions.

Instructors on Timetable

(K) – Kerry (H) – Hannah (C) – Carys (L) – Liam