



# Avion's 2018 Timetable

## Adult & Teen Classes

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

### STUDIO AREA 1 (Front Area)

10am - 11.30am ADULT BEGINNER LYRA CLASS 1hr GEMMA				1pm-2.30pm ADULT BEGINNER SILKS 1.5hrs GEMMA	8-9am SLING FIT ADULTS 1hr AMY
5-6pm SLING FIT ADULTS 1hr AMY				5-6pm SLING FIT ADULTS 1hr AMY	8.45am-10.15am TEEN BEGINNER SILKS 1.5hrs AALIA
6pm-7.30pm TEEN BEGINNER SILKS 1.5hrs AMY	6pm-7.30pm ADULT BEGINNER SILKS 1.5hrs ANGLEA	6pm-7.30pm TEEN BEGINNER/ ELEMENTARY SILKS 1.5hr CARISSA (Teens doing lyra can do 1hr silks 6-7pm)	6pm-7pm SLING FIT ADULTS 1hr WENDY		
7pm-8.30pm ADULT BEGINNER SILKS 1.5hrs AALIA	7pm-8.30pm ADULT PRE-INTER SILKS 1.5hrs CARISSA	7pm-8.30pm ADULT BEGINNER SILKS 1.5hrs CARISSA	7pm-8.30pm ADULT ELEMENTARY SILKS 1.5hrs CLAIRE		
8pm-9.30pm ADULT ELEMENTARY SILKS 1.5hrs AALIA	8pm-9.30pm ADULT ELEMENTARY SILKS 1.5hrs ANGLEA	8pm-9.30pm ADULT PRE-INTER SILKS 1.5hrs ELL	8pm-9.30pm ADULT BEGINNER SILKS 1.5hrs CLAIRE		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

### STUDIO AREA 2 (Back Area)

6pm-7.30pm ADULT INTER SILKS 1.5hrs LAUREN	5.30pm-7pm ADULT ADVANCED SILKS CLASS 1.5hrs MELISE	6pm-7.30pm ADULT ELEMENTARY SILKS 1.5hrs LAUREN	6pm-7.30pm ADULT BEGINNER SILKS 1.5hrs CARISSA	5.30pm-7pm ADULT BEGINNER LYRA CLASS 1.5hr CLAIRE	
7.30pm-8.30pm AERIAL STRENGTH/ CONDITIONING 1hr MELISE	7pm-8.30pm ADULT BEGINNER SILKS 1.5hrs INDIA	7pm-8.30pm TEEN BEGINNER/ ELEMENTARY LYRA CLASS 1.5hr LAUREN (Teens doing lyra can do 1hr silks 6-7pm)	7pm-8.30pm AERIAL SLING ADULTS 1.5hr WENDY		
8pm-9.30pm ADULT BEGINNER SILKS 1.5hrs INDIA	8.30pm-9.30pm ADULT BEGINNER LYRA CLASS 1hr INDIA	8pm-9.30pm ADULT ELEMENTARY LYRA CLASS 1.5hr LAUREN	7.30pm-9pm ADULT INTER SILKS 1.5hrs LAUREN		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

### STUDIO AREA 3 (Back Floor Area)

5.30pm - 6.30pm ADULT & TEEN HANDSTAND & BALANCING TECHNIQUE CLASS 1 hr JACK	6pm-7pm ADULT & TEEN HOOLA HOOPS 1 hr RAINE	6pm-7pm ADULT & TEEN ACRO-BALANCE CLASS 1hr ALFONSO	6pm - 7pm ADULT & TEEN HANDSTAND & BALANCING TECHNIQUE CLASS 1 hr GEMMA	6pm-7pm ADULT & TEEN CIRCUS GROUND SKILLS CLASS 1hr ALFONSO	
6.30-8pm ADULT & TEEN CONTORTION & STRETCH 1.5 hr JACK	7pm - 8.30pm ADULT & TEEN CONTORTION & STRETCH 1.5hrs RAINE	7pm - 8.30pm ADULT & TEEN CONTORTION & STRETCH 1.5hrs RAINE	7pm-8pm ADULT & TEEN ACROBATICS CLASS 1hr RAINE	7pm-8pm ADULT & TEEN TUMBLING/GROUP ACRO CLASS 1hr ALFONSO	
			8pm - 9.30pm ADULT & TEEN CONTORTION & STRETCH 1.5hrs RAINE		

#### ADULT AERIAL CLASSES 16yrs & over:

ADULT BEGINNER SILKS	ADULT ELEMENTARY SILKS	ADULT PRE- INTERMEDIATE SILKS	ADULT INTERMEDIATE SILKS	ADULT ADVANCED SILKS
ADULT BEGINNER LYRA	ADULT ELEMENTARY LYRA	ADULT BEGINNER AERIAL SLING CLASS	SLING FIT	

#### ADULT & TEEN GROUND CLASSES 12 years & over:

ACROBATICS	CIRCUS GROUND SKILLS	ACRO-BALANCE	TUMBLING/ GROUP ACRO
CONTORTION & STRETCH	HANDSTANDS	HOOLA HOOPS	

#### TEEN AERIAL CLASSES 12- 16yrs:

TEEN BEGINNER SILKS	TEEN BEGINNER LYRA
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# Avion's 2018 Timetable

## Junior & Little Munchkin Classes

### 5-12yrs

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

#### STUDIO AREA 1 (Front Area)

	4pm - 5pm JUNIOR BEGINNER SILKS & LYRA 1hr 8-12yo	4pm - 5pm JUNIOR BEGINNER SILKS 1hr 8-12yo	4pm - 5pm JUNIOR BEGINNER ACCELERATED SILKS 8-12yo 1hr (invite only) GEMMA		8.45am-10.15am TEEN BEGINNER SILKS 1.5hrs AALIA
	5pm - 6pm JUNIOR BEGINNER SILKS 1 hr 8-12yo	5pm - 6pm JUNIOR BEGINNER SILKS 1 hr 8-12yo	5pm - 6pm JUNIOR BEGINNER SILKS 1 hr 8-12yo		10am - 11am JUNIOR BEGINNER SILKS 1 hr 8-12yo
6pm-7.30pm TEEN BEGINNER SILKS 1.5hrs AMY		6pm-7.30pm TEEN BEGINNER/ ELEMENTARY SILKS 1.5hr CARISSA (Teens doing lyra can do 1hr silks 6-7pm)	5pm - 6pm JUNIOR ELEMENTARY AERIAL 1hr 8-12yo		11am - 12pm JUNIOR CIRCUS 1 hr 8-12yo INDIA & ALFONSO
					12.15pm - 1.15pm CIRCUS PURPOSE (SKILLS) 1 hr CLAIRE
					1.15pm - 2.15pm CIRCUS PURPOSE (PLAY) 1 hr ZOE

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#### STUDIO AREA 2 (Back Area)

		4pm - 5pm JUNIOR BEGINNER LYRA 1hr 8-12yo			9am - 10am LITTLE MUNCHKINS CIRCUS 1 hr 5-8yo AALIA & AMY & CLAIRE
	5pm - 6pm JUNIOR BEGINNER LYRA 1 hr 8-12yo	5pm - 6pm JUNIOR BEGINNER LYRA 1 hr 8-12yo	5pm - 6pm JUNIOR BEGINNER LYRA 1 hr 8-12yo		10am - 11am JUNIOR BEGINNER LYRA 1 hr 8-12yo
		7pm-8.30pm TEEN BEGINNER/ ELEMENTARY LYRA CLASS 1.5 hr LAUREN (Teens doing lyra can do 1hr silks 6-7pm)			

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

#### STUDIO AREA 3 (Back Floor Area)

	4pm-5pm JUNIOR TUMBLING/GROUP ACRO CLASS 8-12yo 1hr ALFONSO		4pm - 5pm LITTLE MUNCHKINS CIRCUS 1 hr 5-8yo AALIA		9am-10am JUNIOR ACROBATICS 8-12yo 1hr INDIA & SALLY
5pm - 6pm JUNIOR CONTORTION & STRETCH 1 hr Lauren	5pm - 6pm JUNIOR CIRCUS 1 hr 8-12yo ALFONSO		5pm-6pm LITTLE MUNCHKINS ACROBATICS 5-7yo 1hr AALIA		10am-11am LITTLE MUNCHKINS ACROBATICS 5-7yo 1hr INDIA & SALLY

#### JUNIOR CLASSES:

JUNIOR ELEMENTARY AERIAL	JUNIOR BEGNER AERIAL	JUNIOR ACCELERATED BEGINNER AERIAL	
JUNIOR ACROBATICS	JUNIOR CIRCUS	JUNIOR CONTORTION & STRETCH	JUNIOR TUMBLING/ GROUP ACRO

#### TEEN CLASSES:

TEEN BEGINNER SILKS	TEEN BEGINNER LYRA
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#### LITTLE MUNCHKINS CLASSES:

LITTLE MUNCHKINS CIRCUS	LITTLE MUNCHKINS ACROBATICS
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#### CIRCUS PURPOSE CLASSES:

CIRCUS PURPOSE SKILLS CLASS	CIRCUS PURPOSE PLAY CLASS
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