

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY								
10:30									Silks – Level 1 (10:30 – 11:30)	10:00	Kids group 1 (10:00 – 11:00)	Kids group 1 (10:00 – 11:00)								
11:00										10:30										
11:30										11:00										
11:45									Open Training (11:30 – 1:00)									--		
12:00																	Silks – Level 1 (12:00 – 1:00)	11:15	Kids group 2 (11:15 – 12:15)	Kids group 2 (11:15 – 12:15)
12:30																		11:45		
13:00																		12:15		
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16:30	Silks – Level 1 (4:30 – 5:30)		Silks – Level 2/3 (4:45 – 5:45)		Lyra – Level 2 (4:30 – 5:30)		Strength Training (4:45 – 5:45)		Mini Flyers (4:30 – 5:30)	12:30	Kids group 6 (12:30 – 13:30)	Kids group 6 (12:30 – 13:30)								
16:45										13:00										
17:00										13:30										
17:15										--										
17:30										13:45	Kids group 3 (13:45 – 14:45)	Kids group 3 (13:45 – 14:45)								
--	14:15																			
18:00	Silks - Level 2 (6:00 – 7:00)		Silks – Level 1 (6:00 - 7:00)		Lyra – Level 1 (6:00 – 7:00)		Strength Training (6:00 – 7:00)		Mini Flyers (5:45 – 6:45)	14:45										
18:15										--										
18:30										15:00	Kids group 4 (15:00 – 16:00)	Kids group 4 (15:00 – 16:00)								
18:45										15:30										
19:00										16:00										
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19:15	Silks - Level 2 (7:15 – 8:15)		Strength Training (7:30 – 8:30)		Lyra – Level 2 (7:15 – 8:15)		Strength Training (7:15 – 8:15)		Silks – Level 2/3 (7:30 – 8:30)	16:15	Kids group 5 (16:15 – 17:15)	Kids group 5 (16:15 – 17:15)								
19:30										16:45										
19:45										17:15										
20:00																				
20:15																				
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20:30	Silks – Level 1 (8:30 – 9:30)		Strength Training (8:45 – 9:45)		Lyra – Beginners (8:30 – 9:30)		Strength Training (8:30 – 9:30)													
20:45																				
21:00																				
21:15																				
21:30																				
21:45																				