

YES Aerial Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00--9:50am						Bungee HIIT	Bungee HIIT
9:30-10:30am		Low Flow Aerial Yoga		Aerial Yoga Foundations	Aerial Yoga Foundations	Aerial Yoga Foundations	
9:30-10:20am	Bungee Fitness Level 1		Bungee Fitness Level 1				
10:15-11:15am							Aerial Yoga Foundations
10:45-11:45am	Float & Meditate	Aerial Yoga Foundations	Aerial Yoga Foundations		Low Flow Aerial Yoga		
11:30am-12:20pm						Bungee Fitness Level 1	
11:45am-12:35pm							Bungee Fitness Level 1
12:15-1:05pm		Bungee Fitness Level 1		Bungee Fitness Level 1	Bungee Fitness Level 1		
5-6pm	Low Flow Aerial Yoga	Aerial Yoga Foundations		Intermediate Aerial Yoga	Low Flow Aerial Yoga		
5:00-5:50pm			Bungee Fitness Level 1				
6:15-7:15				Low Flow Aerial Yoga			
6:30-7:30pm			Aerial Yoga Foundations				
6:30-7:20pm	Bungee Fitness Level 1				Bungee Fitness Level 1		
7:30-8:30pm		Intermediate Aerial Yoga		Floating Sound & Breathwork Journey			
7:45-8:45pm	Aerial Yoga Foundations		Low Flow Aerial Yoga				

Special Classes	Second & Fourth Saturday: Kids Aerial Yoga 1-2 PM (ages 6+ yrs) Child & Me Aerial 2:15-3:15 PM (ages 2-6 yrs)
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