

October Class Schedule

3 Week program: Mon 12 Oct - Sun 1 Nov

All classes run for 1 hour, unless otherwise stated

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Circus Kids Livestream Emily					Yoga Workout (30 mins) Lauren	Walkovers (Kids up to 13yrs) Claire
11:00am						Staff (17th) Poi (24th) Juggling (31st) Emily & Sam	11:30am Family Acro Claire
1pm						Hoop Tricks & Routine Lauren	
4:00pm					Manipulation Jam (2 hours) Emily		
5:00pm	Handstands (Kids) Caleb	Splits & Flexibility (Kids) LeShea	Hoopercise (30 mins) Lauren				
7:30pm	Handstands (Teen & Adult) Caleb	Splits & Flexibility (Teen & Adult) SamSam	Workout Livestream Emily	Circus Boot Camp SamSam			

Tune in live on our Facebook page for free!

FITNESS CLASSES

Splits & Flexibility	Kids, and Teen & Adult
Circus Boot Camp	All ages
Yoga Workout	All ages

JUST FOR KIDS

Handstands	5-13 yrs
Splits & Flexibility	5-13 yrs
Walkovers	5-13 yrs
Family Acro	4+ years

ALL AGES CIRCUS

Handstands (teen & adult)
Splits & Flexibility (teen & adult)
Hoopercise
Manipulation Jam (2 hours)
Staff, Poi & Juggling
Hoop Tricks & Routine

\$5

30min classes & Manipulation Jam

\$12.50

1 hour classes

\$32

3 class pass (all 3 of the same class)

\$35

Weekly Pass

\$85

Unlimited Pass