

Dec/Jan Holidays @ Absolute Aerials + Absolute Latina Dance



admin@absoluteaerials.com.au



absolutelatinadance@outlook.com

TIME	MON 16 th Dec	TUES 17 th Dec	WED 18 th	THURS 19 th Dec	Fri 20 th Dec
12pm		Private available with Kayleigh 12-1pm			Adult Aerial Variety (All levels) 10-11am
1pm	Junior Aerial Variety + Acro 1-2:30pm	Private available with Kayleigh 1-2pm	Junior Aerial Variety + Acro 1-2:30pm		OPEN TRAINING 1:30-3:30pm
2pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm	Private available with Kayleigh 2-3pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm Hammock conditioning and flexibility 3:30-4:30pm (ages 10-adult)		Private available with Kayleigh 2-3pm
3pm		Teen/Adult Dynamic Lyra Tricks + Spins 3-4pm (Intermediate) Ages 12- adult			Private available with Kayleigh 3-4pm
4pm	Private available with Kayleigh 4:15-5:15pm		Privates available with Sherrelle 4:30-5:30pm		
5pm	Private available with Litton 4:15-5:15pm			Private available with Kayleigh 5:15-6:15pm	
5:30pm	Musicality and Flexibility 5:30-6:30pm (ages 12years - adult) <i>Min 1 term aerials completed</i>	Adult Aerial Variety (Beg 1 & 2) 6:15-7:15pm Private with Sarah available 7:15-8:15pm			
6:30pm	OPEN TRAINING 6:30-8pm Beginner Zouk 6:30-7:30pm			Adult Aerial Variety (Intermediate) 6:30-7:30pm	
	Beginner Zouk 6:30-7:30pm				
7:30pm	Intermediate Zouk 7:30-8:30pm			OPEN TRAINING 7:30-9pm Intermediate Zouk 7:30-8:30pm	
8pm	Zouk Ladies Styling 8:30-9:30pm		Zouk Ladies Styling 8:30-9:30pm		
8:30pm					
9pm					
9:30pm					

Aerial Classes 1 hour \$27.50 for 1 class, \$50 for 2, \$95 for 4

Aerial/Acro classes 1.5 hours \$35 for 1 class, \$65 for 2, \$95 for 3

Acrobatic Arts Classes 45mins \$20 for 1, \$35 for 2, \$45 for 3

Open Training \$10 per session, members only

Latin Dance (contact Absolute Latina Dance – absolutelatinadance@outlook.com)

Privates \$77 per hour 1 person, \$110 per hour 2 people (member price)

PH: 0431921456

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TIME	MON 23 rd Dec	TUES 24 th -	WED 25 th	THURS 26 th Dec	Fri 27 th Dec
12pm		CLOSED	CLOSED	Dance only	CLOSED
1pm	Junior Aerial Variety + Acro				
2pm	1-2:30pm				
3pm	Tween/Teen Aerial Variety + Acro				
	Aerial Variety 2:30-4pm				
4pm	Private available with Kayleigh 4:15-5:15pm				
5pm	OPEN TRAINING 5-7pm				
5:30pm	Private available with Kayleigh 5:30-6:30pm				
6:30pm	Private available with Kayleigh 6:30-7:30pm				
	Beginner Zouk 6:30-7:30pm			Beginner Zouk 6:30-7:30pm	
7:30pm	Intermediate Zouk 7:30-8:30pm			Intermediate Zouk 7:30-8:30pm	
8pm				Zouk Ladies Styling 8:30-9:30pm	
8:30pm	Zouk Ladies Styling 8:30-9:30pm				
9pm					
9:30pm					

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TIME	MON 30 th Dec	TUES 31 st Dec	WED 1 st Jan	THURS 2 nd Jan	Fri 3 rd Jan
12pm		CLOSED	CLOSED		Adult Aerial Variety (All levels) 10-11am
1pm	Junior Aerial Variety + Acro 1-2:30pm				Private available with Sarah 11-12noon
2pm					
3pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm				
4pm	Private available with Litton 4:15-5:15pm				
5pm					
5:30pm	Belay Silks 5:30-6:30pm (ages 12years - adult) <i>Must know scorpion wrap</i>				
6:30pm	OPEN TRAINING 6:30-8pm Beginner Zouk 6:30-7:30pm			Adult Aerial Variety (Beg 2 / Intermediate) 6:30-7:30pm	
				Beginner Zouk 6:30-7:30pm	
7:30pm	Intermediate Zouk 7:30-8:30pm			OPEN TRAINING 7:30-9pm Intermediate Zouk 7:30-8:30pm	
8pm	Zouk Ladies Styling 8:30-9:30pm			Zouk Ladies Styling 8:30-9:30pm	
8:30pm					
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TIME	MON 6 th Jan	TUES 7 th Jan	WED 8 th Jan	THURS 9 th Jan	Fri 10 th Jan
12pm					Adult Aerial Variety (All levels) 10-11am
1pm	Junior Aerial Variety + Acro 1-2:30pm		Junior Aerial Variety + Acro 1-2:30pm		
2pm					
3pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm		Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm Hammock conditioning and flexibility 3:30-4:30pm (ages 10-adult)		
4pm	Private available with Litton 4:15-5:15pm		Acrobatic Arts 4:30-5:15pm Level 1-2 (8-14 yrs)		
5pm					
5:30pm	Top Bar Lyra 5:30-6:30pm (ages 12years - adult) Minimum straddle and knee hang on top without assistance required.	Adult Aerial Variety (Beg 1 & 2) 6:15-7:15pm			
6:30pm	OPEN TRAINING 6:30-8pm Beginner Zouk 6:30-7:30pm	Private with Sarah available 7:15-8:15pm		Adult Aerial Variety (Intermediate) 6:30-7:30pm	
				Beginner Zouk 6:30-7:30pm	
7:30pm	Intermediate Zouk 7:30-8:30pm			OPEN TRAINING 7:30-9pm Intermediate Zouk 7:30-8:30pm	
8pm				Zouk Ladies Styling 8:30-9:30pm	
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TIME	MON 13 th Jan	TUES 14 th Jan	WED 15 th Jan	THURS 16 th Jan	Fri 17 th
12pm					Adult Aerial Variety (All levels) 10-11am
1pm	Junior Aerial Variety + Acro 1-2:30pm		Junior Aerial Variety + Acro 1-2:30pm		Private available with Sarah 11-12noon
2pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm		Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm		
3pm					
4pm	Private available with Litton 4:15-5:15pm		Hammock conditioning and flexibility 3:30-4:30pm (ages 10-adult) Acrobatic Arts 4:30-5:15pm (Level 1-2 8-14 yrs)		
5pm					
5:30pm	Mini Lyra Routine 5:30-6:30pm (ages 12years - adult) Beginner 2 level	Adult Aerial Variety (Beg 1 & 2) 6:15-7:15pm			
6:30pm	OPEN TRAINING 6:30-8pm Beginner Zouk 6:30-7:30pm	Private with Sarah available 7:15-8:15pm		Adult Aerial Variety (Beg 2 / Intermediate) 6:30-7:30pm Beginner Zouk 6:30-7:30pm	
7:30pm	Intermediate Zouk 7:30-8:30pm			OPEN TRAINING 7:30-9pm Intermediate Zouk 7:30-8:30pm	
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TIME	MON 20 th Jan	TUES 21 st Jan	WED 22 nd Jan	THURS 23 rd Jan	Fri 24 th Jan	
12pm					Adult Aerial Variety (All levels) 10-11am	
1pm	Junior Aerial Variety + Acro 1-2:30pm		Junior Aerial Variety + Acro 1-2:30pm		Private available with Sarah 11-12noon	
2pm			Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm			
3pm	Tween/Teen Aerial Variety + Acro Aerial Variety 2:30-4pm					
4pm	Private available with Litton 4:15-5:15pm		Hammock conditioning and flexibility 3:30-4:30pm (ages 10-adult) Acrobatic Arts 4:30-5:15pm (Level 1-2 8-14 yrs)			
5pm						
5:30pm	Mini Silk Routine 5:30-6:30pm (ages 12years - adult) Beginner 2 level	Adult Aerial Variety (Beg 1 & 2) 6:15-7:15pm Private with Sarah available 7:15-8:15pm		Adult Aerial Variety (Beg 2 / Intermediate) 6:30-7:30pm		
6:30pm	OPEN TRAINING 6:30-8pm Beginner Zouk 6:30-7:30pm				Beginner Zouk 6:30-7:30pm	
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