



# AMIKAZE

Aerial Dance Studio

Aerial Yoga -  
tunnit alkavat  
4.10.2022

	Monday	Tuesday	Wednesday	Thursday
16:30 - 17:30	<b>Aerial Juniors Beginner</b> Maria			<b>Aerial Hoop Start</b> Maria
17:30 - 18:30	<b>Aerial Juniors Intermediate</b> Maria	<b>Acrobatics Intermediate</b> Vilma	<b>Aerial Hoop Start Course / Aerial Hoop Beginner</b> Vilma	<b>Stretch</b> Gizem
18:30 - 19:45	<b>Aerial Hoop Intermediate</b> Vilma	<b>Aerial Hammocks Beginner</b> Vilma	<b>Handstands Courses / Handstands dropp-in</b> Vilma	<b>Bridges and Mobility Course</b> Vilma
19:45 - 20:45	<b>Acrobatics Beginner</b> Vilma	<b>Aerial Yoga</b> Maria		<b>Body Care</b> Vilma