

## Summer Holidays 2022 SOUTH COAST CIRCUS Wk 1

MONDAY 3.01.22	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		09:00- 10:15 ADULT MIXED AERIAL		9:15-10:15 \$10 TOTS TIME (1.5-5) CASUAL	8:00-9:00 CIRCFIT
10:15- 1130 ADULT MIXED AERIAL		10:30-11:30 \$10 TOTS TIME (1.5-5) CASUAL		10:15-12:15 OPEN FRINGE TRAINING \$10	JUNIOR JAM FRINGE TRAINING 9;15-11;15 (5-12) \$10
		MINI MAYHEM (5-8) 1145-1245 \$10 Casual			
		JUNIOR JAM FRINGE TRAINING 3-5 (5-12) \$10			
	5:15-6:15 BEGINNER TEEN AERIAL (13-18) CASS/PAIGE 5:30-6:30 YOGA JOY	5:15-6:15 TEEN AERIAL (13-18)	5:30-6:30 BOXFIT JOY		
6:15-7:15 CIRCFIT & FLEX	6:30-7:30 HULA (16+) GEMMA	6:30- 7:45 ADULT MIXED AERIAL	6:30-7:30 16+ MODERN JIVE DANICA/ LINDSEY \$10 COME AND TRY	6:00-7:15 ADULT LYRA 6:00-7:30 16+ MODERN JIVE DANICA/ LINDSEY	
7:30-9:00 ADULT GENERAL CIRCUS	7:45-8:45 BEGINNER ADULT LYRA (18+) CASS/PAIGE	8:00-9:15 ADULT LYRA		7:30-9:30 OPEN TRAINING \$10 13+ OR BIO	
		9:15-10:30 ADULT SILKS/HAMMOCK			

## Summer Holidays 2022 SOUTH COAST CIRCUS Wk 2

MONDAY 10.01.22	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		09:00- 10:15 ADULT MIXED AERIAL		9:15-10:15 \$10 TOTS TIME (1.5-5) CASUAL	8:00-9:00 CIRCFIT
10:15- 1130 ADULT MIXED AERIAL	10:30 -1130 BEGINNER TUMBLE (7-11) SASS \$10	10:30-11:30 \$10 TOTS TIME (1.5-5) CASUAL		10:15-12:15 OPEN FRINGE TRAINING \$10	JUNIOR JAM FRINGE TRAINING 9;15-11;15 (5-12) \$10
	11:30-12:30 INTERMEDIATE TUMBLE (12+) SASS \$10	MINI MAYHEM (5-8) 1145-1245 \$10 Casual			1130-1pm DIY HULA MAKING \$35
	12:30-1:30 FLEX AND STRETCH (12+) SASS \$10				
		JUNIOR JAM FRINGE TRAINING 3-5 (5-12) \$10			
	5:15-6:15 BEGINNER TEEN AERIAL (13-18) CASS/PAIGE 5:30-6:30 YOGA JOY	5:15-6:15 TEEN AERIAL (13-18)	5:30-6:30 BOXFIT JOY		
6:15-7:15 CIRCFIT & FLEX	6:30-7:30 HULA (16+) GEMMA	6:30- 7:45 ADULT MIXED AERIAL		6:00-7:15 ADULT LYRA 6:00-7:30 16+ MODERN JIVE DANICA/ LINDSEY	
7:30-9:00 ADULT GENERAL CIRCUS	7:45-8:45 BEGINNER ADULT LYRA (16+) CASS/PAIGE	8:00-9:15 ADULT LYRA		7:30-9:30 OPEN TRAINING \$10 13+ OR BIO	
		9:15-10:30 ADULT SILKS/HAMMOCK			

## Summer Holidays 2022 SOUTH COAST CIRCUS Wk 3

MONDAY 17.01.22	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		09:00- 10:15 ADULT MIXED AERIAL		9:15-10:15 \$10 TOTS TIME (1.5-5) CASUAL	8:00-9:00 CIRCFIT
10:15- 1130 ADULT MIXED AERIAL		10:30-11:30 \$10 TOTS TIME (1.5-5) CASUAL		10:15-12:15 OPEN FRINGE TRAINING \$10	JUNIOR JAM FRINGE TRAINING 9:15-11:15 (5-12) \$10
		MINI MAYHEM (5-8) 1145-1245 \$10 Casual			
		JUNIOR JAM/ FRINGE TRAINING 3-5 (5-12) \$10			
	5:15-6:15 BEGINNER TEEN AERIAL (13-18) CASS/PAIGE 5:30-6:30 YOGA JOY	5:15-6:15 TEEN AERIAL (13-18)	5:30-6:30 BOXFIT JOY		
6:15-7:15 CIRCFIT & FLEX	6:30-7:30 HULA (16+) GEMMA	6:30- 7:45 ADULT MIXED AERIAL	630-730 "FIND YOUR FLOW STATE" \$35 KALI	6:00-7:15 ADULT LYRA 6:00-7:30 16+ MODERN JIVE DANICA/ LINDSEY	
7:30-9:00 ADULT GENERAL CIRCUS	7:45-8:45 BEGINNER ADULT LYRA (16+) CASS/PAIGE	8:00-9:15 ADULT LYRA		7:30-9:30 OPEN TRAINING \$10 13+ OR BIO	
		9:15-10:30 ADULT SILKS/HAMMOCK			

## Summer Holidays 2022 SOUTH COAST CIRCUS Wk 4

MONDAY 24.01.22	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		09:00- 10:15 ADULT MIXED AERIAL		9:15-10:15 \$10 TOTS TIME (1.5-5) CASUAL	8:00-9:00 CIRCFIT
10:15- 1130 ADULT MIXED AERIAL	10:30 -1130 BEGINNER TUMBLE (7-11) SASS \$10	10:30-11:30 \$10 TOTS TIME (1.5-5) CASUAL		10:15-12:15 OPEN FRINGE TRAINING \$10	JUNIOR JAM FRINGE TRAINING 9;15-11;15 (5-12) \$10
	11:30-12:30 INTERMEDIATE TUMBLE (12+) SASS \$10	MINI MAYHEM (5-8) 1145-1245 \$10 Casual			
	12:30-1:30 FLEX AND STRETCH (12+) SASS \$10				
		JUNIOR JAM FRINGE TRAINING 3-5 (5-12) \$10			
	5:15-6:15 BEGINNER TEEN AERIAL (13-18) CASS/PAIGE 5:30-6:30 YOGA JOY	5:15-6:15 TEEN AERIAL (13-18)	5:30-6:30 BOXFIT JOY	4:45-5:45 TEEN CIRC (13+) \$10 COME AND TRY	5:00-6:00 PARKOUR MINIS (5-8) (CASUAL) \$10
6:15-7:15 CIRCFIT & FLEX	6:30-7:30 HULA (16+) GEMMA	6:30- 7:45 ADULT MIXED AERIAL		6:00-7:15 ADULT LYRA 6:00-7:30 16+ MODERN JIVE DANICA/ LINDSEY	6:00-7:00 PARKOUR JUNIORS (9-12) (CASUAL) \$10
7:30-9:00 ADULT GENERAL CIRCUS	7:45-8:45 BEGINNER ADULT LYRA (18+) CASS/PAIGE 7:45-8:45 HULA (16+) GEMMA \$10 CASUAL COME AND TRY	8:00-9:15 ADULT LYRA		7:30-9:30 OPEN TRAINING \$10 13+ OR BIO	7:00-8:00 OPEN AGE PARKOUR (CASUAL) \$10
		9:15-10:30 ADULT SILKS/HAMMOCK			