












Aerial Edge Weekly Timetable

Levels:  Open Level  Beginners  Intermediate


Weekdays 6 - 10pm


Mon	Circus Fitness  6 - 7pm	Trapeze and Silks  7- 8.30pm	Silks  8.30 - 10pm
		Straps  7 - 8.30pm	
		Trampoline  7- 8.30pm	Acrobatics  8.30 - 10pm
Tues	Flying Trapeze  6- 7.30pm		Trapeze & Hoop  7.30- 9pm
	Acro Private Lessons Available 6 - 7.30 pm		Private Lessons Available 9 - 10 pm
Wed		Hardcore Circus Fitness  6.30 - 7.30pm	Aerial Hoop  7.30 - 9pm
		Acrobalance  6.30 - 7.30pm	Acrobalance  7.30 - 9pm
	Youth Circus Term 4  6 - 7.30pm (Ages 7-16)		Open Training  7.30- 10pm
Thurs	Circus Fitness  6 - 7pm	Handstands  7.30 - 8.30pm	Acrobatics   8.30 - 10pm
		Flying Trapeze  7- 8.30pm (Ages 7+)	Trapeze and Silks  8.30 - 10pm
Fri	Youth Circus Term 4  4.30 - 6pm (Ages 7-16)		Flying Trapeze & Cradle  6 - 7.30pm


Weekends 10am - 7pm

Sat	Flying Trapeze  10 - 11.30am	Flying Trapeze  11.30 - 1pm (Ages 7+)	Trampoline  3.30 - 5pm (Ages 12+)	Aerial Open Training  4.30 - 6.30 pm
		Private Lessons/ Parties Available 1 - 4.30pm		Flexibility  3.30 - 5pm
Sun	Youth Circus Term 4  (Ages 7-16) 10.30am - 12pm		Junior Parkour  Term 4: 1 - 2.30pm (Ages 7 - 12)	Youth Parkour  Term 4: 3 - 5pm (Ages 12 - 18)
	Parties/ Private Lessons Available 1 - 4pm		Silks  4 - 5.30pm	Trapeze   5.30 - 7pm

Class Levels

 Open Level: Whether you are a beginner or advanced student, these classes are flexible enough to cater for all levels. Yay!

 Beginners: This level is class is suitable for someone who has never taken a class with us before, and for those working on beginners techniques. If you're unsure about your fitness level we recommend attending our Circus Fitness classes which will help you to build the strength and fitness required for any aerial or acrobatic discipline.

 Intermediate: We require that you have a certain level of skill to enter this class. Your instructor will let you know when you're ready to move up to this class.*

Most of our classes are for adults (ages 16+). Some classes are specifically for youth and some allow younger ages to attend so please check the website or get in touch if you are unsure of the age range for a class.

Open Training (OT): These are sessions for students to practise in their disciplines and are supervised but not taught. Students must be at **intermediate level and be signed off** by their instructor/ OT supervisor to train in their discipline(s). * Subject to availability **

*If you're new to Aerial Edge and you're not sure about which level is right for you, just get in touch with us at info@aerialedge.co.uk or call 0141 433 8006 **Please check aerialedge.co.uk for the most up to date information about our classes.

Class Type:	Youth Term	Circus Fitness	Acro Class	Aerial Class	Open Training	Private Lesson / Party	
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