

SCHEDULE COMMENCING 20TH JULY | 2026

inner cocoon

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		10.30 am Aerial Advanced 75 mins (Priscilla)	10 am Flexibility flow (Heated) 60 mins (Priscilla)	12 pm Aerial Foundations 60 mins (Evelyn)	11 am Aerial Foundations 60 mins (Priscilla)	10 am Soul Flow Vinyasa 60 mins
			11 am Aerial Advanced 75 mins (Priscilla)		12.30 pm Aerial Advanced 75 mins (Priscilla)	
5.45 pm Aerial Foundations 60 mins (Liselle)	5.45 pm Aerial Conditioning 60 mins (Priscilla)	5.30 pm Aerial Intermediate 60 min (Priscilla)	5.45 pm Aerial Foundations 60 min (Athena)	5.45 pm Aerial Intermediate 60 min (Priscilla)	2.00 pm Open Studio Practice (All Levels) 60 min (Priscilla)	4.30 pm Aerial Foundations 60 min (Athena)
	7 pm Aerial Advanced 75 mins (Priscilla)	7 pm Soul Flow Vinyasa (Heated) 60 mins (Priscilla)	7 pm Aerial Intermediate 60 min (Athena)		3.30 pm Aerial Foundations 60 min (Evelyn)	5.45 pm Aerial Intermediate 60 min (Athena)

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