

inner cocoon

AERIAL, YOGA AND MOVEMENT

SCHEDULE COMMENCING JANUARY 2025

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		10.00 am Aerial Foundations 60 min (Eva)		10.00 am Aerial Intermediate 60 min (Eva)	11 am Aerial Foundations 60 mins (Priscilla)	
		11.30 am Aerial Advanced 75 mins (Eva)	10.30 am Aerial Advanced 75 mins (Priscilla)	11.30 am Aerial Advanced 75 mins (Eva)	12.30 pm Aerial Advanced 75 mins (Priscilla)	
5.45 pm Aerial Foundations 60 mins (Eva)	5.30 pm Aerial Foundations 60 mins (Priscilla)	5.30 pm Aerial Intermediate 60 min (Priscilla)	5.45 pm Lowfly & Align 60 mins (Eva)	5.30 pm Aerial Foundations 60 min (Priscilla)		3 pm Lowfly & Align 60 mins (Eva)
7.15 pm LowFly & Align 60 mins (Eva)	7 pm Aerial Advanced 75 mins (Priscilla)	7 pm Inner Flow Vinyasa 60 min (Priscilla)	7.15 pm Aerial Intermediate 60 mins (Eva)	7 pm Inner Flow Vinyasa 60 min (Priscilla)		4.30 pm Aerial Intermediate 60 mins (Eva)

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