

All or Nothing Classes

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

EDINBURGH

DUNBLANE

3:50pm-4:35pm Fledglings Aerial	3:50pm-4:50pm Junior Aerial	7:10pm-8:25pm Adult Beginners Aerial and Adult Improvers Trapeze	3:50pm-4:50pm Junior Aerial	5:30pm-7:30pm Level Up Performance Group	10am-11:30am Adult Beginners Aerial and Adult Improvers (mixed kit)
4:40pm-5:40pm Junior Aerial	4:55pm-5:55pm Youth Aerial	8:30pm-10pm Adult Beginners Aerial, and Adult Improvers/ Intermediate Trapeze	4:55pm-5:55pm Youth Aerial	7:30pm-9:00pm Adult Beginners/ Improvers Trapeze	11:30am-1pm Youth Aerial
8:15pm-9:45pm Adult Beginners Aerial and Adult Intermediate Silks	8:15pm-9:45pm Adult Beginners Aerial and Adult Improvers/ Intermediate Silks		8:15pm-9:45pm Adult Improvers Silks, and Adult Improvers/ Intermediate Trapeze	7:30pm-9:30pm Adult Improvers Trapeze	1pm-2:30pm Adult Improvers Trapeze
					2:30pm-4:30pm Adult Open Training
					4:30pm-6pm Adult Beginners Aerial
					6pm-7:30pm One-off Aerial Workshops

5pm-6pm
Adult Aerial Yoga

4pm-5pm
Junior Aerial

5pm-6pm
Youth Aerial

6pm-7pm
Adult Beginners
Aerial

7pm-8:30pm
Adult Intermediate
Aerial

4pm-5pm
Junior Aerial

5pm-6pm
Youth Aerial

11am-1pm
Level Up Dunblane -
Youth Performance
Group
(Every other week)

12:30pm - 1:30pm
Adults Open Training
(Once a month)

One-off Aerial
Workshops
(Once a month)

All or Nothing Classes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TILLYCOUNTRY

4:30pm-5:30pm
Junior & Youth
Beginners

5:30pm-6:30pm
Junior & Youth
Improvers

6:30pm-7:30pm
Adult Beginners
Aerial

7:30pm-8:30pm
Adult Improvers
Aerial

9:30am-10:45am
Adult Aerial Pilates

4:45pm-6.15pm
Adult Aerial Silks
Beginners

6.15pm-7.45pm
Adult Aerial Silks
Improvers

TO BOOK PLEASE GO
TO THE DANCE BASE
WEBSITE:
dancebase.co.uk

1.30pm-2.30pm
Junior Aerial

2.35pm-3.35pm
Youth Aerial

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DANCE BASE

All or Nothing Classes

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ASTRO GYMNASTICS

4pm-5pm

Children's Aerial 1&2
(P1-P7)

5pm-6pm

Children's Aerial 2
(P4-P7)

6pm-7pm

Children's Aerial 3
(S1+)

7pm-8pm

Astro Aerial
Performance Group

TO BOOK PLEASE GO
TO THE ASTRO
WEBSITE:
astrogymnastics.co.uk

12-1pm

Children's Aerial 1&2
(P1-P7)

1pm-2pm

Children's Aerial 2&3
(P4-S1+)

2pm-3pm

Children's Aerial 3
(S1+)

TO BOOK PLEASE GO
TO THE ASTRO
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astrogymnastics.co.uk