

SCHEDULE OF COURSES AT AERIAL DANCE OVER DENVER, LLC
WINTER SESSION

Legend - (M7) means Monday at 7AM, (M7P) = 7PM, etc. L - Low, M - Moderate, H - High. 2 classes at same time meet in front/back of studio respectively. All classes 1 hr unless noted.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM							
8AM			Aerial Fitness (W8)		Aerial Fitness (F8)		
9AM							
10AM							10:00-11:30 - Aerial Yoga (SUN10)
11AM						Low Flying Trapeze (S11) ----- Chipmunks & Flying Squirrels (S11-11:45)	
NOON		Aerial Fitness (T12)			Aerial Fitness & Aerial Basics (F12)	Aerial Basics & Aerial Fitness (S12) ----- - Aerial Adventure (Bungee and Swing Line) (S12)	
1PM						Fabric (S1)	
2PM						Hoop & Spanish Web (S2)	
3PM						Performance & Choreography (S3) ----- Strength & Practice (S3)	
4PM	After School Aerial Club (M 4-5:30) Ages 7-18	Aerial Basics (T4)			Aerial Dancers Course (F4P) A class for dancers & gymnasts to learn Aerial Dance	Birthday Parties, Events, Rehearsal Space Available (on all gray squares)	
5PM							
6PM	Fabric (M6P)	Aerial Basics & Fitness (T6P) ----- Flexability & Contortion (T6P)	Performance & Choreography (W6) ----- Aerial Fitness (W6P)	Belly Dance Basics (Th6P)			
7PM	Low Flying Trapeze (M7P) ----- - Aerial Basics (M7P)	Fabric (T7P)	Fabric (W7P) ----- Hoop & Spanish Web (W7P)	Hoop Dancing (not aerial) ----- 7:00-10:00 - JUGGLE CLUB			
8PM +							

(Subject to change)

PRICES: Each Course has 4 classes held once a week for the 4 week session
1st course - \$110 Each additional - \$90
Drop-in - \$28
Flying Squirrels, Chipmunks, and Contortion courses all \$90 each.
Additional family members - \$90 ea.
Aerial Yoga - 1 Class \$80

Many other programs offered too
Including After School Aerial Club, Camps, Master Classes, and more
See complete schedule and offers at:
www.AerialDanceOverDenver.com
303-771-0161

(over)