

# BODY LANGUAGE

- STUDIO SPACE FOR HIRE -  
CONTACT BRIANNA 0432 780 655  
OR BOOK DIRECTLY VIA OUR WEBSITE  
[www.bodylanguagebyronbay.com/studiohire](http://www.bodylanguagebyronbay.com/studiohire)

[WWW.BODYLANGUAGEBYRONBAY.COM](http://WWW.BODYLANGUAGEBYRONBAY.COM)  
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Book Privates (Brunswick Heads or Byron):  
[www.bodylanguagebyronbay.com/privates](http://www.bodylanguagebyronbay.com/privates)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	Lower Studio	Upper Studio	Lower Studio	Upper Studio	Lower Studio	Upper Studio	Lower Studio	Upper Studio	Lower Studio	Upper Studio	
7:15 AM									7:15AM - 8:00AM FUNCTIONAL STRENGTH Brianna P		GUEST INSTRUCTOR WORKSHOPS <i>(check website for info)</i> <a href="http://www.bodylanguagebyronbay.com/workshops">www.bodylanguagebyronbay.com/workshops</a>
7:30 AM									8:00AM - 9:00AM YIN-YANG YOGA prana, asana, meditation Brianna P		
8:00 AM											
8:30 AM											
9:00 AM											
4:15 PM							4:15PM - 5:15PM STRENGTH & STRETCH functional fitness & flexibility (open level) Brianna P				
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM		5:15PM - 6:15PM POLE FOUNDATIONS beginner skills & conditioning (no exp. & level 1) Brianna P	5:15PM - 6:15PM DANCE FLOOR / GYM HIRE self training time (open level)	5:15PM - 6:15PM POLE TECH intermediate combos & conditioning (level 3 & 4) Brianna P	5:15PM - 6:15PM DANCE FLOOR / GYM HIRE self training time (open level)		5:15PM - 6:15PM POLE FIT advanced combos & conditioning (level 4 & 5) Brianna P	5:15PM - 6:15PM SLOW FLOW YOGA gentle release Georgia P	5:15PM - 6:15PM POLE SPIN mixed sequences & transitions (open level) Brianna P	5:30PM - 6:30PM RESTORATIVE YOGA slow + rest Georgia P	5:30PM - 6:30PM POLE HIRE self training time (open level)
5:30 PM	5:30PM - 6:30PM BREATH & STRETCH Accessible stretch + functional breath Michael C										
5:45 PM		6:15PM - 7:15PM POLE EXPRESSIONS 5-WKS choreography sultry old school (level 1+) Brianna P	6:15PM - 7:15PM LYRICAL JAZZ jazz foundations + contemporary expressions (open level) Karen M	6:15PM - 7:15PM POLE FORM beginner2 / intermediate combos & conditioning (level 2 & 3) Brianna P	6:15PM - 7:15PM ACRO YOGA acrobat partner yoga (open level) Michelle J		6:15PM - 8:15PM SHIBARI SESSIONS Japanese rope art (open level) Duncan S	6:15PM - 8:15PM HIP-HOP FUSION sensual movement + afrobeats + dancehall (intermediate level) Kelly C	6:15PM - 7:15PM POLE ART 5-WKS exotic choreo pointe & edgework (level 1+) Brianna P		
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM											
7:15 PM	7:15PM - 8:15PM CABARET fun, theatrical showgirl performance (open level) Georgia A	7:15PM - 8:15PM POLE HIRE self training time (open level)	7:15PM - 8:15PM YIN YOGA release + restore Georgia P	7:15PM - 8:15PM POLE HIRE self training time (open level)	7:15PM - 8:15PM CONTEMPORARY expression, freedom, fluid movement (open level) Georgia A				7:15PM - 8:15PM POLE STATIC mixed exo tricks & transitions (open level) Anna S		
7:30 PM											
7:45 PM											
8:00 PM											

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