



@OnyxFitnessUK

# Onyx Weekly SCHEDULE

## TUESDAY

### Pyramid Studios Torquay

6-7pm Aerial Yoga All Levels

7:30-8:30pm Pole Dance All Levels

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## THURSDAY

### Ashburton Arts Center

5-6pm Deep Flexibility All Levels

6-7pm Flexy Hoop All Levels

### Pyramid Studios Torquay

7:15-8:15 pm Aerial Hoop Beginners

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## FRIDAY

### Ashburton Arts Center

3:45pm Children's Aerial

5-6pm Teens Aerial All Levels

6:15-7:15pm Aerial Silks All Levels

7:30-8:30pm Aerial Hoop All Levels

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## SATURDAY

### Pyramid Studios Torquay

10:15am Children's Aerial <14yrs

11:30am Parent & Child Circus  
Monthly workshop