

Extra Info for Solo & Aerials Tracks

Important Safety Info for Aerials

Aerials track – you must join the class at the start of the session so you get the safety briefing and warm-up for aerials. If you are late, you must discuss with the teachers before participating.

Schedule

Both groups will be using the same studio, so please respect changeover times and move out of the class room in time for the other group's sessions. Feel free to leave your stuff in the room while the other group is there.

Same schedule both days:	
10.00-12.00	Solo 2 hr class
12.00-12.15	15 min Break / Changeover
12.15-13.15	Aerials 1 hr class
13.15-13.30	15 min Break / Changeover
13.30-14.30	Solo 1 hr class
14.30-14.45	15 min Break / Changeover
14.45-16.45	Aerials 2 hr class
17.00	Studio closes

Lunchbreak

Each group has a 90 minute lunchbreak. There is a small seating area just outside the studio you are welcome to use to eat/rest. There's also a cafe downstairs called the Canteen, and loads of cafes on Stokes Croft.

You can only sit in and watch the other group sessions if the teacher(s) agree – if they do please don't use the studio as a place to chat as that will disrupt the class.

Water

Please bring your own water bottle. There's usually a filter water tap directly outside the studio but I've just been told this has may have been removed. If so, the cafe downstairs should be able to provide refills.

Performances

These are up to the group & teacher. Available slots are NYE night, NYE afternoon, Sunday eve.