



Class Schedule

074 516 4650 | info@twistedcirque.co.za | www.twistedcirque.co.za
Fourways Branch: 33 Troupant Avenue, Magaliessig, Sandton, 2076
Menlyn Branch: Corner Serene and, Keeshond St, Garsfontein, Pretoria, 0184

Menlyn Studio

	TIME	CLASS	INSTRUCTOR
Monday	16:00 - 17:00	Twisted Entertainment - Aerial Performance - Invite Only	Emerson Newman
	17:00 - 18:00	Twisted Entertainment - Flow Art - Invite Only	Emerson Newman
	18:00 - 19:00	Twisted Entertainment - Showtime!!! - Invite Only	Emerson Newman
Tuesday	16:00 - 17:00	Adults - Body Conditioning	Gerard Hung
	17:00 - 18:00	Adult Aerial - Beginners	Gerard Hung
	18:00 - 19:00	Adult Aerial - Intermediate	Gerard Hung
Wednesday	15:00 - 16:00	TinyTwists - Beginners	Cara De Wet
	16:00 - 17:00	TinyTwists - Intermediate	Cara De Wet
	17:00 - 18:00	TinyTwists - Open Practice	Cara De Wet
	18:00 - 19:00	Twisted Flexibility	Cara De Wet
Thursday	16:00 - 17:00	Adults - Body Conditioning	Cara De Wet
	17:00 - 18:00	Adult Aerial - Beginners	Emerson Newman
	18:00 - 19:00	Adult Aerial - Intermediate	Emerson Newman
Friday	16:00 - 17:00	Adult Aerial - Advanced	Gerard Hung
	17:00 - 18:00	Twisted Flow - Open Practice	Gerard Hung
Sunday	11:30 - 12:30	Twisted Flow - Combined Levels	Cara De Wet
	13:00 - 13:30	Sport Massage	Gerard Hung
	13:30 - 15:00	High Performance Program	Gerard Hung
	15:00 - 17:00	Team South Africa	Gerard Hung

Fourways Studio

	TIME	CLASS	INSTRUCTOR
Monday	19:00 - 20:30	Adult Aerial - Intermediate	Gerard Hung
Wednesday	19:00 - 20:30	Adult Aerial - Intermediate	Gerard Hung
Thursday	19:00 - 20:00	Adults - Body Conditioning	Gerard Hung
Saturday	10:00 - 11:00	TinyTwists - Beginners	Cara De Wet
	11:00 - 12:00	TinyTwists - Intermediate	Cara De Wet
	12:00 - 13:00	TinyTwists - Advanced	Cara De Wet