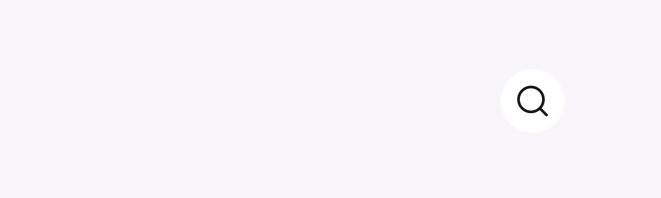
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Beginner

Beginner classes for aerial silks teach you the foundational moves and techniques, and is led by experienced instructors to guide you. No prior experience is necessary.

See more



Intermediate

Intermediate classes build on foundational moves and introduce complex techniques, led by experienced instructors. They improve strength, flexibility, and coordination.

See more



Expert

Expert classes are for the experienced aerialists, which offer a challenging workout with advanced techniques. Led by skilled instructors to help guide you to refine your skills.

See more

Subject

Classes..



Subject

Classes..



Subject Classes.. **Beginner Class** Intermediate Class **Expert Class**