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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..



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Classes..



Subject

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Beginner Class

Intermediate Class

Expert Class