

# Natural Movement

Aerial Arts Schedule  
At BGA

Tuesday  
Beginner - Aerial Arts  
6:00PM - 7:00 PM

Thursday  
Intermediate - Aerial Arts  
6:00 PM - 7:00 PM

Sunday  
Open Aerial Arts  
(must have taken a beginner class)  
2:00 PM - 3:30PM

\*All classes are mixed aerial arts  
(silks, hammock & lyra)

[www.naturalmovementbda.com](http://www.naturalmovementbda.com)



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ELEVATE