



MON	TUES	WED	THURS	FRI	SAT	SUN		
<p>AIRBORN NITROS CHEERLEADING TURBO - YOUTH LEVEL 1 AGES 5-12 5:30PM-7:30PM COST: £7 (MONTHLY DD FROM 1st NOV)</p> <p>TUMBLING AGE 7 TO ADULT ALL LEVELS 5:30PM-6:45PM COST: £7.50 ON-LINE PRE BOOKING ADVISED</p> <p>TUMBLING AGE 7-ADULT ALL LEVELS 7PM-8:15PM COST: £7.50 ON-LINE PRE BOOKING ADVISED</p> <p>AIRBORN NITROS CHEERLEADING STEALTH – SENIOR LEVEL 2 AGES 10+ 7:30PM-9:30PM COST: £7 (MONTHLY DD FROM 1st NOV)</p> <p>*STUDENTS MONITORED FREERUNNING SESSION 8:15PM-9:45PM COST: £7.50 or £5 WITH NUS CARD</p>	<p>PRO-OPEN AERIAL AGE 18+ 3PM-5PM COST: £8</p> <p>KIDS FREERUNNING BEGINNERS & ADVANCED (STRUCTURED) AGE 5-10 5PM-6:30PM COST: £7.50</p> <p>KIDS AERIAL SILK & HOOP AGE 7-15 5PM-6:30PM COST: £8 MAX PLACES: 12 BOOKING ON-LINE ADVISED</p> <p>TRAMPOLINING AGE 8-ADULT GREEN BAND ONLY 5:30PM-7PM COST: £6</p> <p>ADULTS AERIAL SILK & HOOP AGE 16+ 6:30PM-8PM COST: £10 MAX PLACES: 12 BOOKING ON-LINE ADVISED</p> <p>FREERUNNING (STRUCTURED) AGE 11-15 6:30PM-8PM COST: £7.50</p> <p>DANCE SPECIFIC TUMBLING (COACHING IN AERIALS & BACK HANDSPRINGS) AGE 8+ 8:00PM-9:15PM CONDITIONING END OF SESSION (OPTIONAL) 9:15PM-9:30PM COST: £7.50 ON-LINE PRE BOOKING ADVISED</p>	<p>KIDS FREERUNNING (STRUCTURED) AGES 5-10, 5PM-6:30PM COST: £7.50</p> <p>AIRBORN NITROS CHEER EVOLUTION – SENIOR COED 3 AGES 10+ / 6PM – 8PM COST £7 (MONTHLY DD FROM 1st NOV)</p> <p>FREERUNNING (STRUCTURED) AGE 11-15 / 6:30PM-8PM COST: £7.50</p> <p>AIRBORN CHEERLEADING CHEER TUMBLING (AGES 10+) (AIRBORN NITROS ONLY) 8PM-9:30PM / COST £5</p> <p>AIRBORN NITROS CHEER VANQUISH – SENIOR COED 5 AGES 12+ / 8PM – 10PM COST £7 (MONTHLY DD FROM 1st NOV)</p> <p>STUDENTS MONITORED FREERUNNING SESSION 8:00PM-9:30PM COST: £7.50 or £5 WITH NUS CARD</p>	<p>FREERUNNING (STRUCTURED) AGE 11-15 5PM-6:30PM COST: £7.50</p> <p>TRAMPOLINING AGES 8 – ADULT 5:30PM – 7PM COST: £6 BOOKING ON-LINE ADVISED</p> <p>MONITORED OPEN FREERUNNING SESSION AGE 11-15 6:30PM-8PM COST: £7.50</p> <p>TUMBLING AGES 7 – ADULT 7PM – 8:30PM COST £7.50</p> <p>* ADULT OPEN FREERUNNING AGE 16+ / 8PM-9:30PM COST: £7.50</p>	<p>KIDS FREERUNNING (STRUCTURED) 5PM-6:30PM AGES 5-10 COST: £7.50</p> <p>TAEKWONDO KIDS & ADULT AGE 5+ THROUGH TO ADULT 6PM-7PM FIRST MONTH FREE</p> <p>*FRIDAY NIGHT HYPE JAM OPEN FREERUNNING AGE 11-15 7PM-9:30PM COST: £9</p>	<p>KIDS FREERUNNING BEGINNERS & ADVANCED (STRUCTURED) AGE 5-10 10:30AM-12PM COST: £7.50</p> <p>GRADING'S 12PM – 12:30PM (ANY AGES)</p> <p>FAMILY FREERUNNING AGES 5+ 12PM – 1:30PM COST £10</p> <p>FREERUNNING CLASS (STRUCTURED) AGE 11-15 2:30PM-4PM COST: £7.50</p> <p>TUMBLING (AGE 7-ADULT) 2PM-3:15PM COST: £7.50 ON-LINE PRE BOOKING ADVISED</p> <p>TUMBLING INTERMEDIATE/ADVANCED (AGE 7-ADULT) 3:30PM-4:45PM COST: £7.50 ON-LINE PRE BOOKING ADVISED</p> <p>*MONITORED OPEN FREERUNNING AGE 11-15 5PM-6:30PM COST: £7.50</p> <p>ADULT FREERUNNING (STRUCTURED) 6:30PM – 8PM AGES 16+ COST £7.50</p> <p>*SATURDAY NIGHT ASYLUM JAM OPEN FREERUNNING AGE 14+ 6:30PM-9:30PM COST: £12</p>	<p>KIDS FREERUNNING (STRUCTURED) AGE 5-10 10AM-11:30AM £7.50</p> <p>KIDS FREERUNNING AGED 5-10 11:30AM – 1PM (WHITE BAND & ABOVE) MAX ATTENDEES =12 COST: £7.50</p> <p>CAPOEIRA AGE 14+ 11PM-12PM COST: £6</p> <p>TRAMPOLINING (AGE 8-ADULT) 12PM-1:30PM / COST: £6 1:30PM-3PM COST: £6 BOOKING ON-LINE ADVISED</p> <p>FREERUNNING (STRUCTURED) AGE 11-15 / 1:30PM-3PM COST: £7.50</p> <p>*FREERUNNING MONITORED OPEN & STRUCTURED 'WHITE BAND & ABOVE' AGE 11-15 / 3PM-4:30PM COST: £7.50</p> <p>PRO-OPEN AERIAL AGE 18+ WITH OWN INSURANCE 4:30PM-6:30PM COST: £8</p> <p>ADULT FREERUNNING (STRUCTURED) AGE 16+ / 4:30PM-6PM COST: £7.50</p> <p>* ADULT OPEN FREERUNNING AGE 16+ 6PM-7:30PM COST: £7.50</p> <p>OPEN CHEERLEADING SESSION LAST SUNDAY OF THE MONTH. 4:30PM – 8:30PM (AGES 10+) COST £10 ON-LINE PRE BOOKING ADVISED</p> <p>AIRBORN NITROS CHEER VANQUISH – SENIOR COED 5 2nd SUNDAY OF MONTH 4:30PM – 8:30PM</p>		
<p>A CONSENT FORM IS REQUIRED PRIOR TO USING THE FACILITY – THIS CAN BE SUBMITTED ON-LINE OR AT RECEPTION ON ARRIVAL. PLEASE ARRIVE 10 MINUTES PRIOR TO YOUR SESSION. A WARM UP IS MANDATORY FOR ALL CLASSES.</p>								
		 <p>AIRBORN ACADEMY THE LIVERPOOL FILM STUDIOS UNIT 3 105 BOUNDARY STREET LIVERPOOL, L59YJ</p> <p>CALL: +44 (0) 151 345 6112 RECEPTION@AIRBORNACADEMY.COM www.airbornacademy.com</p> <p>OPEN HOURS: WEEK DAYS: MON - FRIDAY 5PM - 9:30PM WEEKEND: 10AM - 9:30PM</p> <p>STRUCTURED = TAUGHT SESSIONS *OPEN / MONITORED / FREESTYLE classes require a GRADED BAND to gain entry. These can be obtained through our grading / ranking process</p> <p>SECURE YOUR PLACE BY BOOKING ONLINE - ONLINE BOOKINGS ARE NON-REFUNDABLE / TRANSFERABLE.</p>		 <p>WE ARE HERE</p> <p>Dance Studio Available during all open sessions, only £2</p>				