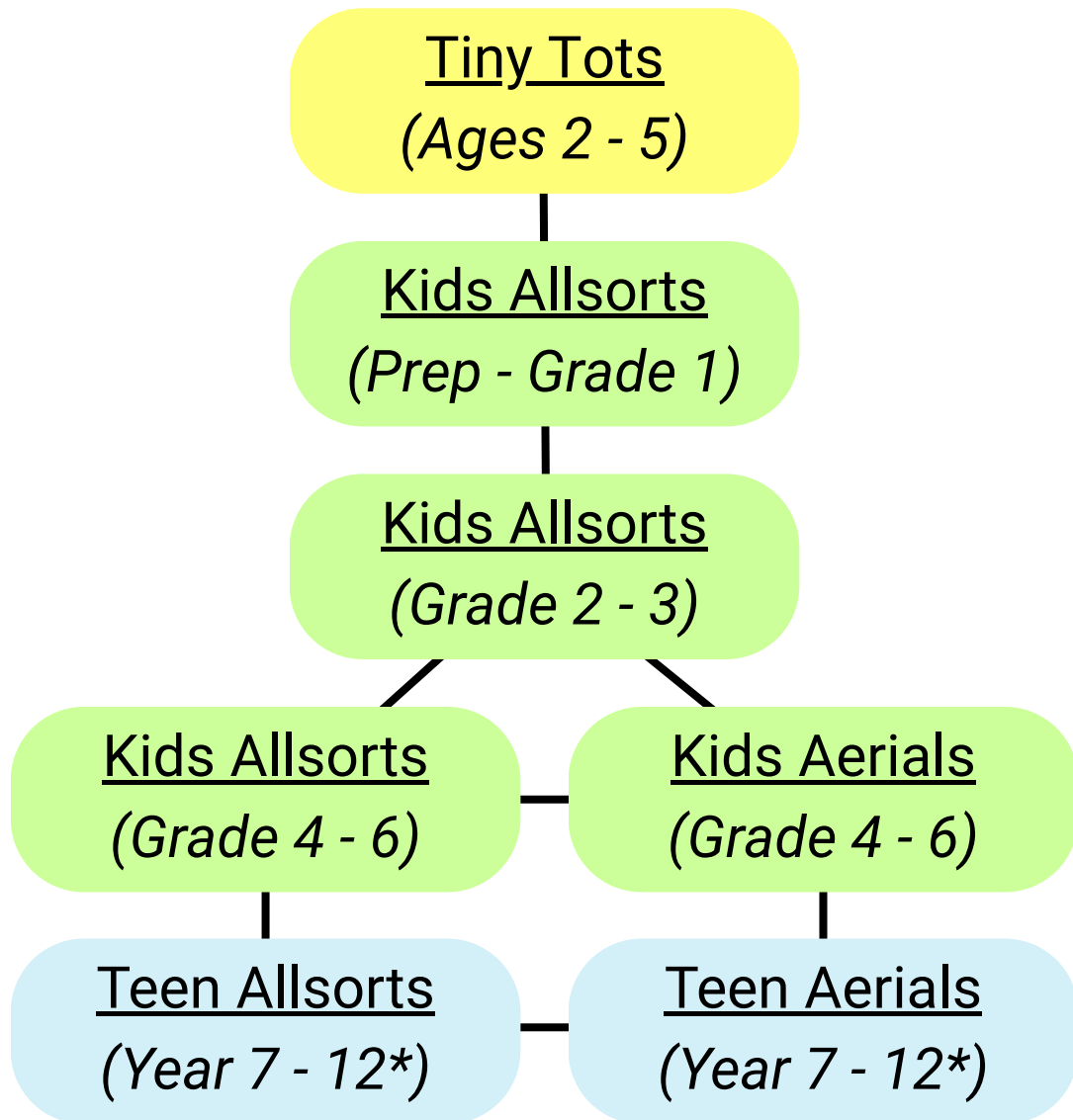


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KIDS & TEENS CLASS PROGRESSIONS



* teens and adult classes are for marginalised genders only

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ADULT LEVEL GUIDE

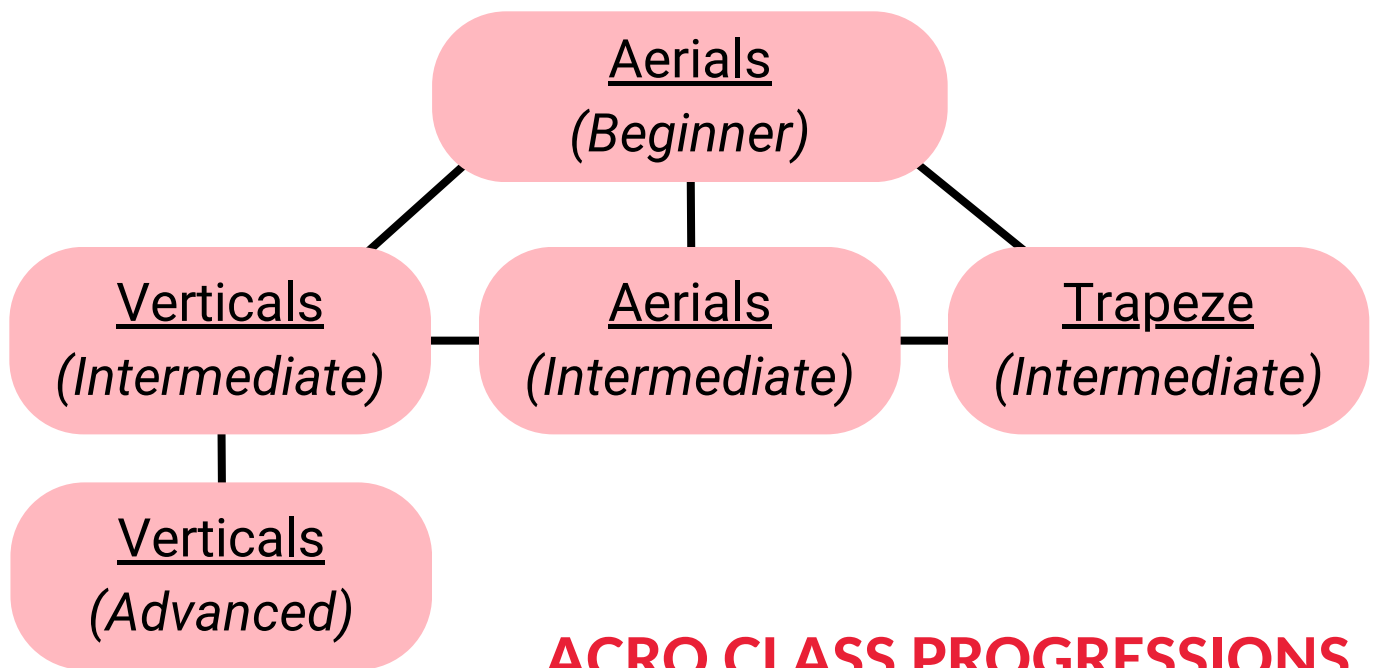
All Levels: any level and experience is catered for, including beginners

Beginner: no experience necessary to join!

Intermediate: solid experience in a range of foundational skills

Advanced: experienced in a wide range of skills with strong form

AERIAL CLASS PROGRESSIONS



ACRO CLASS PROGRESSIONS

