

CLASS DESIGN TEMPLATE (60 min)

ANTI GRAVITY PROGRAM	<input type="checkbox"/> FUN1&2 <input type="checkbox"/> Aerial Yoga <input type="checkbox"/> Suspension Fitness <input type="checkbox"/> Restorative Yoga <input type="checkbox"/> AIRbarre <input type="checkbox"/> Pilates <input type="checkbox"/> Just Kids
CLASS DESIGN NAME	
CLASS LEVEL	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Open
THEME	

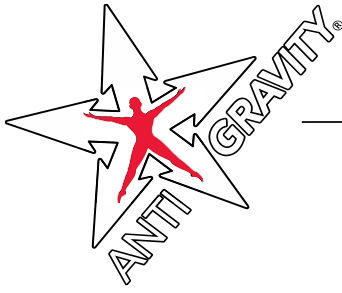
CLASS INTRODUCTION

SECTION: ESTABLISHING PRESENCE

SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			

SECTION: 1ST INVERSION

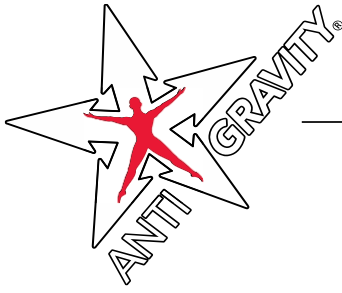
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			



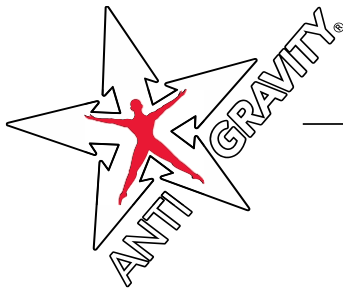
SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> STRENGTH <input type="checkbox"/> FLEXIBILITY			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			

SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> STRENGTH <input type="checkbox"/> FLEXIBILITY			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			

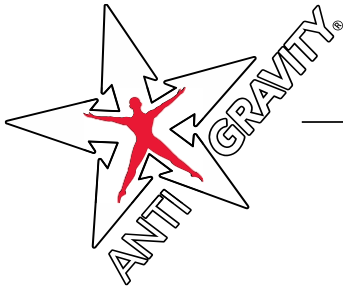
SECTION: 2ND INVERSION (FRONT BELT WRAP)			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			



SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> STRENGTH <input type="checkbox"/> FLEXIBILITY <input type="checkbox"/> FLIPS & TRICKS				
SEQUENCE:	Principles & Philosophies	Time	Music	
GWT:			Drills/ Modifications/ Variations:	
CUES/ SCANS / SPOTS:				
SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> STRENGTH <input type="checkbox"/> FLEXIBILITY <input type="checkbox"/> FLIPS & TRICKS				
SEQUENCE:	Principles & Philosophies	Time	Music	
GWT:			Drills/ Modifications/ Variations:	
CUES/ SCANS / SPOTS:				
SECTION: SWINGING SECTION				
SEQUENCE:	Principles & Philosophies	Time	Music	
GWT:			Drills/ Modifications/ Variations:	
CUES/ SCANS / SPOTS:				



SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> FLEXIBILITY			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			
SECTION: <input type="checkbox"/> 3 RD INVERSION <input type="checkbox"/> FLIPS & TRICKS			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			
SECTION: <input type="checkbox"/> 3 RD INVERSION <input type="checkbox"/> FLIPS & TRICKS			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			Drills/ Modifications/ Variations:
CUES/ SCANS / SPOTS:			



SECTION: RESTING			
SEQUENCE:	Principles & Philosophies	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			
OUTRO & NETWORKING			

NOTES:
