AcroFit Alternative Fitness Sept 2018 - June 2019 Schedule

Monday

Studio 1	Studio 2	Studio 3
Studio Opens @ 2:30pm		
Open Gym Daina 3:00 - 4:00		
Tumbling Matt 4:00 - 4:55	4:00 - 4:55	**Stretch & Strength** Daina 4:00 - 4:55
Silks (All Levels) Erin 5:00 - 5:55	**Pole (Inter/Adv)** Teghann Pre - Req. 5:00 - 5:55	**Partner Acro (All Levels)** Matt 5:00 - 5:55
Hand/Tumble (All Levels) Matt 6:00 - 6:55	**Pole Choreo (All Levels)** Teghann 6:00 - 6:55	**Flexible Splits (All Levels)** Daina 6:00 - 6:55
Circus Cond. Matt 7:00 - 7:55	**Pole (Intro/Beg)** Teghann 7:00 - 7:55	**Booked Studio** 7:00 - 9:00
7:00 - 7:55	7:00 - 7:55	
Studio Closes @ 9:00pm		

Tuesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 2:00pm		
Open Gym Daina 2:30 - 3:30		
Acro Daina 3:30 - 4:25	3:30 - 4:25	3:30 - 4:25
Silks/Hoop Erin/Daina 4:30 - 5:25	4:30 - 5:25	4:30 - 5:25
Silks (All Levels) Erin 5:30 - 6:25	5:30 - 6:25	**Circus Cond.** Matt 5:30 - 6:25
Tumbling (All Levels) Matt 6:30 - 7:25	**Pole (All Levels)** Raelene 6:30 - 7:25	**Hoop (All Levels)** Daina 6:30 - 7:25
Silks (All Levels) Erin 7:30 - 8:25	**Pole (Inter/Adv)** Raelene Pre - Req. 7:30 - 8:25	**Handstands (All Levels)** Matt 7:30 - 8:25
Studio Closes @ 8:30pm		

Wednesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 5:15pm		
Silks (Beg/Inter) Jen 5:30 - 6:25	**Pole Choreo (All Levels)** Teghann 5:30 - 6:25	5:30 - 6:25
Silks (All Levels) Erin 6:30 - 7:25	**Pole (All Levels)** Teghann 6:30 - 7:25	**Aerial Yoga Power (All Levels)** Jen 6:00 - 6:55
Acro Yoga (All Levels) Winston 7:30 - 8:25	**Pole (Intro/Beg)** Teghann 7:30 - 8:25	**Flexible Back (All Levels)** Daina 7:30 - 8:25
8:30 - 9:25	8:30 - 9:25	**Handstands (All Levels)** Daina 8:30 - 9:25
Studio Closeds @ 9:30pm		

Thursday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:30am		
Silks (All Levels) Jen 10:00 - 10:55	10:00 - 10:55	**Flexible Splits (All Levels)** Daina 10:00 - 10:55
Open Gym Daina 11:00 - 1:00		
Studio Closes @ 1:00pm		
Booked Studio 3:00 - 5:00		
Studio Opens @ 4:30pm		
Silks (All Levels) Erin 5:00 - 5:55	**Pole (Inter/Adv)** Sylvia 5:00 - 5:55	5:00 - 5:55
Silks (Inter/Adv) Sylvia 6:00 - 6:55	**Pole (All Levels)** Raelene 6:00 - 6:55	6:00 - 6:55
Silks (All Levels) Erin 7:00 - 7:55	**Spin Pole Pre - Req.** Raelene 7:00 - 7:55	**Aerial Yoga (All Levels)** Sylvia 7:00 - 7:55
Open Gym Raelene 8:00 - 9:00		
Studio Closes @ 9:00pm		

Friday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:00pm		
Open Gym Lucius 2:30 - 4:30		
Parkour Lucius 4:30 - 5:25	4:30 - 5:25	**Circus Cond.** Matt 4:30 - 5:25
Parkour (All Levels) Lucius 5:30 - 6:25	**Pole (Intro/Beg.)** Raelene 5:30 - 6:25	**Handstands (All Levels)** Matt 5:30 - 6:25
Silks (All Levels) Jen 6:30 - 7:25	**Pole (All Levels)** Raelene 6:30 - 7:25	**Partner Acro (All Levels)** Matt 6:30 - 7:25
AcroFit Bootcamp Lucius 7:30 - 8:25	7:30 - 8:25	7:30 - 8:25
Open Gym Lucius 8:30 - 10:30		
Studio Closes @ 10:30pm		

Saturday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:30pm		
Silks (All Levels) Jen 10:00 - 10:55	10:00 - 10:55	**Flexible Splits (All Levels)** Daina 10:00 - 10:55
Hand/Tumble (Beginner) Lucius 11:00 - 11:55	**Pole (All Levels)** Teghann 11:00 - 11:55	**Aerial Yoga Power (All Levels)** Jen 11:00 - 11:55
AcroFit Bootcamp Lucius 12:00 - 12:55	**Pole (Intro/Beg)** Teghann 12:00 - 12:55	12:00 - 12:55
Parkour (All Levels) Lucius 1:00 - 1:55	1:00 - 1:55	1:00 - 1:55
Open Gym Lucius 2:00 - 4:00		
Studio Closes @ 4:00pm		

Sunday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:30pm		
Booked Studio 10:00 - 12:00	**Open Gym** Lucius 10:00 - 10:55	
	AcroFit Bootcamp (All Levels) Lucius 11:00 - 11:55	**Aerial Yoga (All Levels)** Sylvia 11:00 - 11:55
Silk (All Levels) 12:00 - 12:55	12:00 - 12:55	**Hand/Tumble (Beginner)** Lucius 12:00 - 12:55
Parkour Lucius 1:00 - 1:55	1:00 - 1:55	**Pole (All Levels)** Sylvia 1:00 - 1:55
Parkour (All Levels) Lucius 2:00 - 2:55	2:00 - 2:55	**Aerial Hoop (Beg/Inter)** Sylvia 2:00 - 2:55
Open Gym Lucius 3:00 - 5:00		
Studio Closes @ 5:00pm		

AcroFit Class Legend

OPEN GYM + SUPERVISED AERIAL OPEN GYM	**Teen/Adult** Classes
Teen/Adult Semester Classes	**Kids (7-12yrs)** Semester Classes
Booked Studio	