

AcroFit Alternative Fitness Sept 2018 - June 2019 Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday								
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3						
Studio Opens @ 9:45am									Studio Opens @ 9:30am						Studio Opens @ 9:30pm			Studio Opens @ 9:30pm								
Silks (All Levels) Erin 10:00 - 10:55											Flexibility (Splits) (All Levels) Daina 10:00 - 10:55				Silks (All Levels) Jen 10:00 - 10:55			Flexibility (Splits) (All Levels) Daina 10:00 - 10:55	Booked Studio	Open Gym Lucius 10:00 - 10:55						
Studio Closes @ 11:00am									Open Gym Daina 11:00 - 1:00						Open Gym Lucius 1:00 - 1:55			Open Gym Lucius 2:00 - 4:00			Open Gym Lucius 3:00 - 5:00					
			Studio Opens @ 2:00pm									Studio Opens @ 3:00pm						Studio Closes @ 4:00pm			Studio Closes @ 5:00pm					
Open Gym Daina 2:30 - 5:00									Booked Studio 3:00 - 5:00			Open Gym Lucius 2:30 - 4:30			Open Gym Lucius 2:30 - 4:00			Open Gym Lucius 3:00 - 5:00								
			Studio Opens @ 2:30pm						Studio Opens @ 5:15pm						Studio Closes @ 4:00pm			Studio Closes @ 5:00pm								
Silks (All Levels) Erin 5:00 - 5:55	Pole (Inter/Adv) (All Levels) Teghann Pre - Req. 5:00 - 5:55	Partner Acro (All Levels) Matt 5:00 - 5:55							Silks (Beg/Inter) (All Levels) Jen 5:30 - 6:25			Pole Choreo (All Levels) Teghann 5:30 - 6:25			Parkour (All Levels) Lucius 5:30 - 6:25			Pole (Intro/Beg.) (All Levels) Raelene 5:30 - 6:25			Handstands (All Levels) Matt 5:30 - 6:25					
Open Gym Daina 3:00 - 5:00									Silks (All Levels) Erin 6:30 - 7:25			Pole (All Levels) Teghann 6:30 - 7:25			Aerial Yoga Power (All Levels) Jen 6:30 - 7:25			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		
Hand/Tumble (All Levels) Matt 6:00 - 6:55	Pole Choreo (All Levels) Teghann 6:00 - 6:55	Flexibility (Splits) (All Levels) Daina 6:00 - 6:55							Acro Yoga (All Levels) Winston 7:30 - 8:25			Pole (Intro/Beg) (All Levels) Teghann 7:30 - 8:25			Flexibility (Back) (All Levels) Daina 7:30 - 8:25			Circus Cond. (All Levels) Matt 7:30 - 8:25			Pole (Inter/Adv) (All Levels) Raelene Pre - Req. 7:30 - 8:25					
Open Gym Daina 3:00 - 5:00									Open Gym Raelene 8:00 - 9:00			Open Gym Raelene 8:00 - 9:00			Open Gym Lucius 8:30 - 10:30			Open Gym Lucius 8:30 - 10:30								
Studio Closes @ 9:00pm			Studio Closes @ 8:30pm			Studio Closes @ 8:30pm			Studio Closes @ 9:00pm			Studio Closes @ 9:00pm			Studio Closes @ 10:30pm			Studio Closes @ 10:30pm								

AcroFit Class Legend

Teen/Adult Drop-in Classes	Teen/Adult Semester Classes
Kids (7-12yrs) Semester Classes	Kids (7-12yrs) Drop-in Classes
Open Gym	Booked Studio