

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									Studio Closes @ 1:00pm						Studio Closes @ 4:00pm			Studio Closes @ 5:00pm		
									Open Gym Daina 11:00 - 1:00						Open Gym Lucius 2:00 - 4:00			Open Gym Lucius 3:00 - 5:00		
Studio Opens @ 2:30pm			Open Gym Daina 2:30 - 3:30						Studio Opens @ 5:15pm			Booked Studio			Open Gym Lucius 2:30 - 4:30			Open Gym		
			Acro Daina 3:30 - 4:25						Silks (All Levels) Erin 5:00 - 5:55	Pole (Inter/Adv) Sylvia 5:00 - 5:55		Parkour (All Levels) Lucius 4:30 - 5:25		Circus Cond. Matt 4:30 - 5:25	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> AcroFit Class Legend </div> <div style="display: flex; justify-content: space-around;"> <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Teen/Adult Drop-in Classes </div> <div style="background-color: #000080; color: white; padding: 5px; text-align: center;"> Teen/Adult Semester Classes </div> </div> <div style="display: flex; justify-content: space-around;"> <div style="background-color: #FFB6C1; padding: 5px; text-align: center;"> Kids (7-12yrs) Semester Classes </div> <div style="background-color: #FF4500; color: white; padding: 5px; text-align: center;"> Kids (7-12yrs) Drop-in Classes </div> </div> <div style="display: flex; justify-content: space-around;"> <div style="background-color: #90EE90; padding: 5px; text-align: center;"> Open Gym </div> <div style="background-color: #9370DB; padding: 5px; text-align: center;"> Booked Studio </div> </div>					
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				Silks (All Levels) Jen 5:30 - 6:25	Pole Choreo (All Levels) Teghann 5:30 - 6:25		Silks (Inter/Adv) Sylvia 6:00 - 6:55	Pole (All Levels) Raelene 6:00 - 6:55		Parkour (All Levels) Lucius 5:30 - 6:25	Pole (Intro/Beg.) Raelene 5:30 - 6:25	Handstands (All Levels) Matt 5:30 - 6:25						
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	Silks (All Levels) Erin 5:30 - 6:25		Circus Cond. Matt 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 6:30 - 7:25	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								
Circus Cond. Matt 7:00 - 7:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	Booked Studio	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	Acro Yoga (All Levels) Winston 7:30 - 8:25	Pole (Intro/Beg) Teghann 7:30 - 8:25	Flexibility (Back) (All Levels) Daina 7:30 - 8:25	Open Gym Raelene 8:00 - 9:00			Open Gym Lucius 8:30 - 10:30								
Studio Closes @ 9:00pm			Studio Closes @ 8:30pm						Studio Closes @ 9:00pm			Studio Closes @ 10:30pm								
									Studio Closes @ 9:30pm											