

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											Flexibility (Splits)				Silks		Flexibility (Splits)	Partner Acro	Open Gym				
Erin 10:00 - 10:55									10:00 - 10:55	10:00 - 10:55	Daina 10:00 - 10:55				Jen 10:00 - 10:55		Daina 10:00 - 10:55	Winston 10:00 - 10:55	Lucius 10:00 - 10:55				
Studio Closes @ 11:00am									Studio Closes @ 1:00pm						Studio Closes @ 4:00pm			Studio Closes @ 5:00pm					
			Studio Opens @ 2:00pm									Studio Opens @ 3:00pm			Studio Opens @ 3:00pm								
			Open Gym									Open Gym			Open Gym			Open Gym					
			Daina 2:30 - 3:30									Lucius 2:30 - 4:30			Lucius 2:00 - 4:00								
			Acro						Studio Opens @ 4:30pm			Parkour		Circus Cond.									
			Daina 3:30 - 4:25						Silks	Pole (Inter/Adv)		Lucius 4:30 - 5:25		Matt 4:30 - 5:25									
			Erin/Daina 4:30 - 5:25						Erin 5:00 - 5:55	Sylvia 5:00 - 5:55		Lucius 5:30 - 6:25		Matt 5:30 - 6:25									
			Silks/Hoop						Sylvia 6:00 - 6:55	Raelene 6:00 - 6:55		Jen 6:30 - 7:25		Matt 6:30 - 7:25									
			Erin/Daina 4:30 - 5:25						Erin 7:00 - 7:55	Raelene 7:00 - 7:55		Lucius 7:30 - 8:25		Matt 7:30 - 8:25									
			Silks		Circus Cond.				Studio Closes @ 8:00pm			Studio Closes @ 8:00pm			Studio Closes @ 10:30pm								
			Erin 5:30 - 6:25		Matt 5:30 - 6:25							Open Gym			Open Gym								
			Tumbling		Hoop							Lucius 8:30 - 10:30			Lucius 8:30 - 10:30								
			Matt 6:00 - 6:55		Daina 6:30 - 7:25							Studio Closes @ 10:30pm			Studio Closes @ 10:30pm								
			Partner Acro																				
			Matt 7:00 - 7:55																				
Studio Closes @ 8:00pm																							

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