

## 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			
<b>Studio Opens @ 9:45am</b>									<b>Studio Opens @ 9:30am</b>						<b>Studio Opens @ 9:30pm</b>								
<b>Silks</b> Erin 10:00 - 10:55											<b>Flexibility (Splits)</b> Daina 10:00 - 10:55				<b>Silks</b> Jen 10:00 - 10:55		<b>Flexibility (Splits)</b> Daina 10:00 - 10:55						
<b>Studio Closes @ 11:00am</b>									<b>Open Gym</b> Daina 11:00 - 1:00						<b>Open Gym</b> Daina 2:00 - 4:00								
			<b>Studio Opens @ 3:00pm</b>									<b>Studio Opens @ 4:15pm</b>						<b>Studio Closes @ 4:00pm</b>					
			<b>Acro</b> Daina 3:30 - 4:25						<b>Studio Opens @ 5:15pm</b>						<b>Studio Closes @ 4:00pm</b>								
<b>Studio Opens @ 4:30pm</b>			<b>Silks/Hoop</b> Erin/Daina 4:30 - 5:25						<b>Silks (Beg/Inter)</b> Jen 5:30 - 6:25			<b>Silks</b> Erin 5:00 - 5:55	<b>Pole (Inter/Adv)</b> Sylvia 5:00 - 5:55		<b>Circus Cond.</b> Matt 4:30 - 5:25				<b>AcroFit Class Legend</b>				
<b>Silks</b> Erin 5:00 - 5:55		<b>Handstands</b> Matt 5:00 - 5:55				<b>Silks</b> Erin 5:30 - 6:25	<b>Pole</b> Teghann 6:30 - 7:25	<b>Aerial Yoga Power</b> Jen 6:30 - 7:25	<b>Silks (Inter/Adv)</b> Sylvia 6:00 - 6:55	<b>Pole</b> Raelene 6:00 - 6:55	<b>Aerial Yoga</b> Sylvia 7:00 - 7:55	<b>Silks</b> Erin 6:00 - 6:55	<b>Pole (Intro/Beg)</b> Raelene 7:00 - 7:55	<b>Handstands</b> Matt 5:30 - 6:25	<b>Silks</b> Jen 5:30 - 6:25	<b>Pole (Intro/Beg)</b> Raelene 5:30 - 6:25	<b>Partner Acro</b> Matt 6:30 - 7:25	<b>Teen/Adult Drop-in Classes</b>			<b>Teen/Adult Semester Classes</b>		
<b>Tumbling</b> Matt 6:00 - 6:55	<b>Pole Choreo</b> Teghann 6:00 - 6:55	<b>Flexibility (Splits)</b> Daina 6:00 - 6:55	<b>Silks</b> Erin 5:30 - 6:25	<b>Low Pole Flow</b> Raelene 5:30 - 6:25	<b>Circus Cond.</b> Matt 5:30 - 6:25	<b>Tumbling</b> Matt 6:30 - 7:25	<b>Pole</b> Raelene 6:30 - 7:25	<b>Hoop</b> Daina 6:30 - 7:25	<b>Silks</b> Erin 6:30 - 7:25	<b>Pole (Intro/Beg)</b> Teghann 7:30 - 8:25	<b>Flexibility (Back)</b> Daina 7:30 - 8:25	<b>Partner Acro</b> Matt 7:00 - 7:55	<b>Pole (Intro/Beg)</b> Raelene 7:00 - 7:55	<b>Handstands</b> Matt 7:30 - 8:25	<b>Silks</b> Erin 7:30 - 8:25	<b>Low Pole Flow</b> Raelene 7:30 - 8:25	<b>Handstands</b> Matt 7:30 - 8:25	<b>Studio Closes @ 7:30pm</b>			<b>Kids (7-12yrs) Semester Classes</b>		
<b>Studio Closes @ 8:00pm</b>			<b>Studio Closes @ 8:30pm</b>			<b>Studio Closes @ 8:30pm</b>			<b>Studio Closes @ 8:00pm</b>			<b>Studio Closes @ 7:30pm</b>			<b>Open Gym</b>			<b>Kids (7-12yrs) Drop-in Classes</b>					
			<b>Studio Closes @ 8:30pm</b>			<b>Studio Closes @ 8:30pm</b>									<b>Open Gym</b>			<b>Booked Studio</b>					