AcroFit Alternative Fitness Sept 2018 - June 2019 Schedule

Monday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:45am		
Silks Erin 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55
Studio Closes @ 11:00am		
Studio Opens @ 5:00pm		
Silks Erin 5:00 - 5:55	5:00 - 5:55	**Handstands** Matt 5:00 - 5:55
Tumbling Matt 6:00 - 6:55	**Pole Choreo** Teghann 6:00 - 6:55	
Partner Acro Matt 7:00 - 7:55	**Pole (Intro/Beg)** Teghann 7:00 - 7:55	7:00 - 7:55
Studio Closes @ 8:00pm		

Tuesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:30pm		
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 Erin 5:30 - 6:25	**Low Pole Flow** Raelene 5:30 - 6:25	**Circus Cond.** Matt 5:30 - 6:25
Tumbling Matt 6:30 - 7:25	**Pole** Raelene 6:30 - 7:25	**Hoop** Daina 6:30 - 7:25
Silks Erin 7:30 - 8:25	7:30 - 8:25	**Handstands** 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	5:30 - 6:25	5:30 - 6:25
Silks Erin 6:30 - 7:25	**Pole** Teghann 6:30 - 7:25	**Aerial Yoga Power** Jen 6:30 - 7:25
7:30 - 8:25	**Pole (Intro/Beg)** Teghann 7:30 - 8:25	**Flexibility (Back)** Daina 7:30 - 8:25
Studio Closes @ 8:30pm		

Thursday

Studio 1	Studio 2	Studio 3
Studio Opens @ 5:15pm		
Silks Erin 5:30 - 6:25		5:30 - 6:25
Silks Erin 6:30 - 7:25	**Pole** Raelene 6:00 - 6:55	6:30 - 7:25
	Pole (Intro/Beg) Raelene 7:00 - 7:55	
Studio Closes @ 7:30pm		

Friday

Studio 1	Studio 2	Studio 3
Studio Opens @ 4:15pm		
4:30 - 5:25	4:30 - 5:25	**Circus Cond.** Matt 4:30 - 5:25
5:30 - 6:25	5:30 - 6:25	**Handstands** Matt 5:30 - 6:25
Silks Jen 6:30 - 7:25	6:30 - 7:25	**Partner Acro** Matt 6:30 - 7:25
Studio Closes @ 7:30pm		

Saturday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:30am		
Silks Jen 10:00 - 10:55	10:00 - 10:55	**Flexibility (Splits)** Daina 10:00 - 10:55
11:00 - 11:55	**Pole** Teghann 11:00 - 11:55	**Aerial Yoga Power** Jen 11:00 - 11:55
12:00 - 12:55	**Pole (Intro/Beg)** Teghann 12:00 - 12:55	12:00 - 12:55
1:00 - 1:55	1:00 - 1:55	1:00 - 1:55
Open Gym Teghann 2:00 - 4:00		
Studio Closes @ 4:00pm		

Sunday

Studio 1	Studio 2	Studio 3
Studio Opens @ 10:30am		
11:00 - 12:00	11:00 - 11:55	**Aerial Yoga** Sylvia 11:00 - 11:55
Silk Sylvia 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55
1:00 - 1:55	**Pole** Sylvia 1:00 - 1:55	1:00 - 1:55
2:00 - 2:55	2:00 - 2:55	**Aerial Hoop (Beg/Inter)** Sylvia 2:00 - 2:55
Studio Closes @ 3:00pm		

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**