

Summer 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 @ 1:00pm			Studio Opens @ 2:00pm			Studio Opens @ 1:00pm			Studio Opens @ 9:45am			Studio Opens @ 4:15pm			Studio Opens @ 9:45am			Studio Opens @ 10:45am											
Beg. Contortion July 15 - Aug 1 Aug 12 - 29 Daina 1:30 - 2:55			Open Gym (Silk & Pole Studio Only) Daina 2:30 - 4:30			AcroFit Jr Summer Camp Stretch / Acro Hoop / Silks July 15 - Aug 1 Aug 12 - 29 Daina / Erin 2:30 - 5:25			Beg. Contortion July 15 - Aug 1 Aug 12 - 29 Daina 1:30 - 2:55			Open Gym Daina 11:00 - 1:00			AcroFit Jr Summer Camp Stretch / Acro Hoop / Silks July 15 - Aug 1 Aug 12 - 29 Daina / Erin 2:30 - 5:25			Open Gym Mike 1:00 - 3:00			Silks (Beg/Inter) Liesl 10:00 - 10:55			Pole Teghann 11:00 - 11:55			Aerial Yoga Sylvia 11:00 - 11:55		
2:00 - 3:00 Open Gym (Silk & Pole Studio Only) Daina 3:00 - 5:00			4:30 - 5:25 Silks Erin 5:30 - 6:25			4:30 - 5:25 Low Pole Raelene 5:30 - 6:25			3:00 - 3:55 Contortion (Inter/Adv) July 15 - Aug 1 Aug 12 - 29 Daina 3:00 - 4:55			3:30 - 4:25 Silks Erin 5:30 - 6:25			2:30 - 3:25 Pole Raelene 6:00 - 6:55			3:30 - 4:25 Silks Erin 6:30 - 7:25			11:00 - 11:55 Silks Liesl 11:00 - 11:55			12:00 - 12:55 Pole Teghann 12:00 - 12:55			12:00 - 12:55 Silks Sylvia 12:00 - 12:55		
5:00 - 5:55 Handstands Matt 6:00 - 6:55			5:30 - 6:25 Tumbling Matt 6:30 - 7:25			5:30 - 6:25 Pole Raelene 6:30 - 7:25			4:00 - 4:55 Silks Erin 6:30 - 7:25			4:30 - 5:25 Silks Erin 6:30 - 7:25			4:00 - 4:55 Pole Raelene 7:00 - 7:55			10:00 - 10:55 Open Gym			12:00 - 12:55 Pole Teghann 12:00 - 12:55			1:00 - 1:55 Pole Sylvia 1:00 - 1:55					
7:00 - 8:55 Partner Acro Teghann 7:00 - 7:55			7:30 - 8:25 Silks Erin 7:30 - 8:25			7:30 - 8:25 Handstands Matt 7:30 - 8:25			4:00 - 4:55 Silks Erin 6:30 - 7:25			4:30 - 5:25 Silks Erin 6:30 - 7:25			4:00 - 4:55 Circus Cond. Matt 4:30 - 5:25			11:00 - 11:55 Pole Teghann 11:00 - 11:55			2:00 - 2:55 Pole Sylvia 2:00 - 2:55								
8:00 - 8:55 Matt 7:00 - 8:55			7:30 - 8:25 Silks Erin 7:30 - 8:25			7:30 - 8:25 Handstands Matt 7:30 - 8:25			4:00 - 4:55 Silks Erin 6:30 - 7:25			4:30 - 5:25 Silks Erin 6:30 - 7:25			4:00 - 4:55 Circus Cond. Matt 4:30 - 5:25			12:00 - 12:55 Pole Teghann 12:00 - 12:55			2:00 - 2:55 Pole Sylvia 2:00 - 2:55								
Studio Closes @ 9:00pm			Studio Closes @ 8:30pm			Studio Closes @ 8:30pm			Studio Closes @ 8:00pm			Studio Closes @ 8:30pm			Studio Closes @ 3:00pm			Studio Closes @ 5:00pm											

Class Legend

AcroFit Adult (16yrs +) Weekly Drop - In Classes	Open Gym Adult (16yrs +) Weekly Drop - In Session
AcroFit Jr. Kids (7 - 14yrs)	
Dynamic Kids (7 - 12yrs) Intensive Program	Dynamic Teen (13 - 18yrs) Intensive Program