

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 @ 9:30am									
Silks Erin 10:00 - 10:55											Flexibility (Splits) Daina 10:00 - 10:55				Silks (Intro/Beg) Jen 10:00 - 10:55		Flexibility (Splits) Daina 10:00 - 10:55				
Studio Closes @ 11:00am									Open Gym							Pole Teghann 11:00 - 11:55	Aerial Yoga Power Jen 11:00 - 11:55				
									Studio Closes @ 1:00pm									Studio Opens @ 10:30am			
									Open Gym							Pole (Intro/Beg) Teghann 12:00 - 12:55		Silk Sylvia 12:00 - 12:55		Aerial Yoga Sylvia 11:00 - 11:55	
Studio Opens @ 2:45pm									Studio Closes @ 1:00pm												
Open Gym									Studio Opens @ 5:15pm									Open Gym			
									Studio Opens @ 5:15pm												
			Acro Daina 3:30 - 4:25						Studio Opens @ 5:15pm									Open Gym			
			Silks/Hoop Erin/Daina 4:30 - 5:25						Studio Opens @ 5:15pm									Open Gym			
Silks Erin 5:00 - 5:55		Handstands Matt 5:00 - 5:55							Studio Opens @ 5:15pm									Open Gym			
									Studio Opens @ 5:15pm									Open Gym			
Tumbling Matt 6:00 - 6:55	Pole Choreo Teghann 6:00 - 6:55	Flexibility (Splits) Daina 6:00 - 6:55	Silks Erin 5:30 - 6:25	Low Pole Flow Raelene 5:30 - 6:25	Circus Cond. Matt 5:30 - 6:25				Studio Opens @ 5:15pm									Open Gym			
Partner Acro Matt 7:00 - 8:55	Pole (Intro/Beg) Teghann 7:00 - 7:55		Tumbling Matt 6:30 - 7:25	Pole Raelene 6:30 - 7:25	Hoop Daina 6:30 - 7:25				Studio Opens @ 5:15pm									Open Gym			
Studio Closes @ 9:00pm			Silks Erin 7:30 - 8:25		Handstands Matt 7:30 - 8:25				Studio Opens @ 5:15pm									Open Gym			
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