

September 2019 - June 2020 Fall 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 @ 10:00am								
Silks Erin 10:00 - 10:55															Silks Jen 10:00 - 10:55			Flexibility (Splits) Daina 10:00 - 10:55					
	10:00 - 10:55	10:00 - 10:55														10:00 - 10:55			Studio Opens @ 10:30am				
Studio Closes @ 11:00am																							
Studio Opens @ 1:15pm			Studio Opens @ 1:15pm			Studio Opens @ 1:15pm			Studio Opens @ 1:15pm			Studio Opens @ 1:15pm											
Open Gym			Open Gym			Open Gym			Open Gym			Open Gym											
Daina 1:30 - 3:30			Daina 1:30 - 3:30			Daina 1:30 - 3:30			Daina 1:30 - 3:30			Daina 1:30 - 3:30											
Silks Erin 4:00 - 4:55		Contortion (Beg) Daina 3:30 - 4:55	Silks (Inter) Erin 3:30 - 4:25					Hoop (Inter) Daina 3:30 - 4:25	Silks (Beg) Erin 3:30 - 4:25			Silks (Inter) Erin 4:30 - 5:25			Acro (Beg) Daina 4:30 - 5:25	Silks Erin 4:00 - 4:55				Studio Closes @ 5:00pm			
	4:00 - 4:55					Silks Jen 4:30 - 5:25														Studio Closes @ 4:30pm			
Silks Erin 5:00 - 5:55			Silks (Beg) Erin 4:30 - 5:25			Acro (Inter) Daina 4:30 - 5:25			Silks (Beg/Inter) Jen 5:30 - 6:25			Silks Erin 5:30 - 6:25			Acro (Inter) Daina 5:30 - 6:25	Silks Jen 5:00 - 5:55				Studio Closes @ 4:30pm			
	5:00 - 5:55																			Studio Closes @ 4:30pm			
Handstands Matt 6:00 - 6:55	Pole Choreo Teghann 6:00 - 6:55	Flexibility (Splits) Daina 6:00 - 6:55	Hoop Daina 6:30 - 7:25			Low Pole Flow Raelene 6:30 - 7:25			Acro (Beg) Daina 5:30 - 6:25			Handstands Matt 6:30 - 7:25	Silks Erin 6:30 - 7:25			Pole Teghann 6:30 - 7:25	Partner Acro Matt 7:00 - 7:55				Studio Closes @ 4:30pm		
																				Studio Closes @ 4:30pm			
Partner Acro Matt 7:00 - 8:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	Flexibility (Back/Shoulders) Daina 7:00 - 7:55	Silks Erin 7:30 - 8:25			Partner Acro (Beg) Matt 7:30 - 8:25			Pole (Intro/Beg) Teghann 7:30 - 8:25			Contortion (Beg) Daina 7:30 - 8:25								Studio Closes @ 4:30pm			
Studio Closes @ 9:00pm			Studio Closes @ 9:30pm			Studio Closes @ 9:30pm			Studio Closes @ 8:30pm			Studio Closes @ 8:30pm											

Class Legend

AcroFit Adult (16yrs +) Weekly Drop - In Classes	Open Gym Adult (16yrs +) Weekly Drop In
AcroFit Jr. Beginner Sept - June Semester Classes	AcroFit Jr. Intermediate Sept - June Semester Class
AcroFit Jr. Drop-in Ages 12-16 Weekly Drop In	
Auditions are required for Dynamic Classes. Please contact the studio to set up an audition time.	
Dynamic Beginner Intensive Program Sept - June Semester Classes	Dynamic Inter/Advanced Intensive Program Sept - June Semester Classes