

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 @ 10:00am</b>						
<b>Silks</b> Erin 10:00 - 10:55															<b>Silks</b> Jen 10:00 - 10:55			<b>Flexibility (Splits)</b> Daina 10:00 - 10:55	<b>Studio Opens @ 10:30am</b>		
<b>Studio Closes @ 11:00am</b>																		<b>Aerial Hammock</b> Sylvia 11:00 - 11:55			
<b>Studio Opens @ 1:15pm</b>			<b>Studio Opens @ 1:15pm</b>			<b>Studio Opens @ 1:15pm</b>			<b>Studio Opens @ 1:15pm</b>									<b>Silks</b> Sylvia 12:00 - 12:55			
<b>Open Gym</b> Daina 1:30 - 3:30			<b>Open Gym</b> Daina 1:30 - 3:30			<b>Open Gym</b> Daina 1:30 - 3:30			<b>Open Gym</b> Daina 1:30 - 3:30										<b>Pole</b> Sylvia 1:00 - 1:55		
		<b>Contortion (Beg)</b> Daina 3:30 - 4:55	<b>Silks (Inter)</b> Erin 3:30 - 4:25						<b>Hoop (Inter)</b> Daina 3:30 - 4:25												
<b>Silks</b> 12 - 16yrs Erin 4:00 - 4:55			<b>Silks (Beg)</b> Erin 4:30 - 5:25						<b>Contortion (Inter/Adv)</b> starts Oct Daina 4:30 - 6:25						<b>Silks</b> 12 - 16yrs Jen 4:30 - 5:25						
<b>Silks</b> Erin 5:00 - 5:55			<b>Low Pole Flow</b> Raelene 5:30 - 6:25												<b>Silks</b> Erin 5:30 - 6:25						
<b>Handstands</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>Hoop</b> Daina 6:30 - 7:25	<b>Pole</b> Raelene 6:30 - 7:25	<b>Handstands</b> Matt 6:30 - 7:25	<b>Silks</b> Erin 6:30 - 7:25	<b>Pole</b> Teghann 6:30 - 7:25								<b>Silks</b> Erin 6:30 - 7:25	<b>Pole</b> Raelene 6:00 - 6:55	<b>Flexibility (Splits)</b> Daina 6:30 - 7:25				
<b>Partner Acro</b> Matt 7:00 - 8:55	<b>Pole (Intro/Beg)</b> Teghann 7:00 - 7:55	<b>Flexibility (Back/Shoulders)</b> Daina 7:00 - 7:55	<b>Silks</b> Erin 7:30 - 8:25			<b>Partner Acro (Beg)</b> Matt 7:30 - 9:25								<b>Silks</b> Erin 7:30 - 8:25	<b>Pole (Intro/Beg)</b> Teghann 7:30 - 8:25	<b>Contortion (Beg)</b> Daina 7:30 - 9:25					
<b>Studio Closes @ 9:00pm</b>			<b>Studio Closes @ 9:30pm</b>			<b>Studio Closes @ 9:30pm</b>			<b>Studio Closes @ 8:30pm</b>			<b>Studio Closes @ 8:30pm</b>									

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