

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 @ 10:00am									
															<table border="1"> <tr> <td>Silks (Intro/Beg) Jen 10:00 - 10:55</td> <td>10:00 - 10:55</td> <td>Flexibility (Splits) Daina 10:00 - 10:55</td> </tr> </table>			Silks (Intro/Beg) Jen 10:00 - 10:55	10:00 - 10:55	Flexibility (Splits) Daina 10:00 - 10:55	Studio Opens @ 10:30am			
Silks (Intro/Beg) Jen 10:00 - 10:55	10:00 - 10:55	Flexibility (Splits) Daina 10:00 - 10:55																						
															<table border="1"> <tr> <td>Silks Jen 11:00 - 11:55</td> <td>Pole Teghann 11:00 - 11:55</td> <td>Contortion (Inter/Adv) Daina 11:00 - 12:55</td> <td>Aerial Hammock Sylvia 11:00 - 11:55</td> <td>11:00 - 11:55</td> <td>11:00 - 11:55</td> </tr> </table>			Silks Jen 11:00 - 11:55	Pole Teghann 11:00 - 11:55	Contortion (Inter/Adv) Daina 11:00 - 12:55	Aerial Hammock Sylvia 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	
Silks Jen 11:00 - 11:55	Pole Teghann 11:00 - 11:55	Contortion (Inter/Adv) Daina 11:00 - 12:55	Aerial Hammock Sylvia 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55																			
															<table border="1"> <tr> <td>12:00 - 12:55</td> <td>Pole (Intro/Beg) Teghann 12:00 - 12:55</td> <td>Daina 11:00 - 12:55</td> <td>Silks Sylvia 12:00 - 12:55</td> <td>12:00 - 12:55</td> <td>12:00 - 12:55</td> </tr> </table>			12:00 - 12:55	Pole (Intro/Beg) Teghann 12:00 - 12:55	Daina 11:00 - 12:55	Silks Sylvia 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55	
12:00 - 12:55	Pole (Intro/Beg) Teghann 12:00 - 12:55	Daina 11:00 - 12:55	Silks Sylvia 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55																			
															<table border="1"> <tr> <td>Open Gym Mike & Daina 1:00 - 3:00</td> <td>Contortion (Beg) Daina 1:00 - 2:30</td> <td>Pole Sylvia 1:00 - 1:55</td> <td>1:00 - 1:55</td> <td>1:00 - 1:55</td> <td>1:00 - 1:55</td> </tr> </table>			Open Gym Mike & Daina 1:00 - 3:00	Contortion (Beg) Daina 1:00 - 2:30	Pole Sylvia 1:00 - 1:55	1:00 - 1:55	1:00 - 1:55	1:00 - 1:55	
Open Gym Mike & Daina 1:00 - 3:00	Contortion (Beg) Daina 1:00 - 2:30	Pole Sylvia 1:00 - 1:55	1:00 - 1:55	1:00 - 1:55	1:00 - 1:55																			
															Studio Opens @ 3:00pm									
															<table border="1"> <tr> <td>Open Gym Mike & Daina 3:00 - 5:00</td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> </table>			Open Gym Mike & Daina 3:00 - 5:00						
Open Gym Mike & Daina 3:00 - 5:00																								
Studio Opens @ 3:15pm															Studio Opens @ 4:15pm									
															<table border="1"> <tr> <td>Silks 12 - 16yrs Jen 4:00 - 4:55</td> <td></td> <td>Contortion (Beg) Daina 3:30 - 4:55</td> <td colspan="3"></td> </tr> </table>			Silks 12 - 16yrs Jen 4:00 - 4:55		Contortion (Beg) Daina 3:30 - 4:55				
Silks 12 - 16yrs Jen 4:00 - 4:55		Contortion (Beg) Daina 3:30 - 4:55																						
															<table border="1"> <tr> <td>Silks (Beg) Erin 4:30 - 5:25</td> <td>3:30 - 4:25</td> <td>3:30 - 4:25</td> <td>Silks 12 - 16yrs Jen 4:30 - 5:25</td> <td>3:30 - 4:25</td> <td>3:30 - 4:25</td> </tr> </table>			Silks (Beg) Erin 4:30 - 5:25	3:30 - 4:25	3:30 - 4:25	Silks 12 - 16yrs Jen 4:30 - 5:25	3:30 - 4:25	3:30 - 4:25	
Silks (Beg) Erin 4:30 - 5:25	3:30 - 4:25	3:30 - 4:25	Silks 12 - 16yrs Jen 4:30 - 5:25	3:30 - 4:25	3:30 - 4:25																			
															<table border="1"> <tr> <td>Silks Jen 5:00 - 5:55</td> <td>5:00 - 5:55</td> <td>Hoop (Beg) Daina 5:00 - 5:55</td> <td colspan="3"></td> </tr> </table>			Silks Jen 5:00 - 5:55	5:00 - 5:55	Hoop (Beg) Daina 5:00 - 5:55				
Silks Jen 5:00 - 5:55	5:00 - 5:55	Hoop (Beg) Daina 5:00 - 5:55																						
															<table border="1"> <tr> <td>Handstands Matt 6:00 - 6:55</td> <td>Pole Choreo Teghann 6:00 - 6:55</td> <td>Flexibility (Splits) Daina 6:00 - 6:55</td> <td>Low Pole Flow Raelene 5:30 - 6:25</td> <td>Acro (Beg) Daina 5:30 - 6:25</td> <td>Contortion (Inter/Adv) Daina 4:30 - 6:25</td> </tr> </table>			Handstands Matt 6:00 - 6:55	Pole Choreo Teghann 6:00 - 6:55	Flexibility (Splits) Daina 6:00 - 6:55	Low Pole Flow Raelene 5:30 - 6:25	Acro (Beg) Daina 5:30 - 6:25	Contortion (Inter/Adv) Daina 4:30 - 6:25	
Handstands Matt 6:00 - 6:55	Pole Choreo Teghann 6:00 - 6:55	Flexibility (Splits) Daina 6:00 - 6:55	Low Pole Flow Raelene 5:30 - 6:25	Acro (Beg) Daina 5:30 - 6:25	Contortion (Inter/Adv) Daina 4:30 - 6:25																			
															<table border="1"> <tr> <td>Partner Acro Matt 7:00 - 8:55</td> <td>Pole (Intro/Beg) Teghann 7:00 - 7:55</td> <td>Flexibility (Back/Shoulders) Daina 7:00 - 7:55</td> <td>Handstands Matt 6:30 - 7:25</td> <td>Silks Jen 6:30 - 7:25</td> <td>Pole Teghann 6:30 - 7:25</td> </tr> </table>			Partner Acro Matt 7:00 - 8:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	Flexibility (Back/Shoulders) Daina 7:00 - 7:55	Handstands Matt 6:30 - 7:25	Silks Jen 6:30 - 7:25	Pole Teghann 6:30 - 7:25	
Partner Acro Matt 7:00 - 8:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	Flexibility (Back/Shoulders) Daina 7:00 - 7:55	Handstands Matt 6:30 - 7:25	Silks Jen 6:30 - 7:25	Pole Teghann 6:30 - 7:25																			
															<table border="1"> <tr> <td>Partner Acro Matt 7:30 - 8:25</td> <td>7:30 - 8:25</td> <td>Partner Acro (Beg) Matt 7:30 - 9:25</td> <td>Silks Jen 6:30 - 7:25</td> <td>Pole (Intro/Beg) Teghann 7:30 - 8:25</td> <td>Contortion (Beg) Daina 6:30 - 7:25</td> </tr> </table>			Partner Acro Matt 7:30 - 8:25	7:30 - 8:25	Partner Acro (Beg) Matt 7:30 - 9:25	Silks Jen 6:30 - 7:25	Pole (Intro/Beg) Teghann 7:30 - 8:25	Contortion (Beg) Daina 6:30 - 7:25	
Partner Acro Matt 7:30 - 8:25	7:30 - 8:25	Partner Acro (Beg) Matt 7:30 - 9:25	Silks Jen 6:30 - 7:25	Pole (Intro/Beg) Teghann 7:30 - 8:25	Contortion (Beg) Daina 6:30 - 7:25																			
Studio Closes @ 9:00pm															Studio Closes @ 8:30pm									
															Studio Closes @ 8:30pm									
															Studio Closes @ 9:30pm									
															Studio Closes @ 9:30pm									

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