

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					
															Silks (Intro/Beg) Jen 10:00 - 10:55		Flexibility (Splits) Daina 10:00 - 10:55			
															Silks Jen 11:00 - 11:55	Pole Teghann 11:00 - 11:55	Contortion (Inter/Adv)			
																Pole (Intro/Beg) Teghann 12:00 - 12:55	Daina 11:00 - 12:55			
															Open Gym Mike & Daina		Contortion (Beg)			
															Pole & Silk Studio Only 1:00 - 3:00		Daina 1:00 - 2:30			
															Studio Opens @ 2:45pm					
															Studio Closes @ 3:00pm			Open Gym		
																		Mike & Daina 3:00 - 5:00		
																		Studio Closes @ 5:00pm		
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														