

ACROFIT Schedule (September 2026 - June 2027)

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 @ 8:45am						
Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Flexibility Victoria 9:00 - 9:55						
Hammock Choreo (Pre-Requisites) Mikayla 10:00 - 10:55				Pole (Beg/Inter) Caylea 10:00 - 10:55		Aerial Silks (All Levels) Mikayla 10:00 - 10:55			Aerial Open Gym Mikayla 10:00 - 12:00		Pole Open Gym Mikayla 10:00 - 12:00	Flex Open Gym Mikayla 10:00 - 12:00	Silks (Beg/Inter) Mikayla 10:00 - 10:55			Aerial Yoga (Restorative) Teghann 10:00 - 10:55						Silks (All Levels) Victoria 10:00 - 10:55		
Silks (All Levels) Mikayla 11:00 - 11:55		Pole (All Levels) Teghann 11:00 - 11:55		Pole (Beginner) Caylea 11:00 - 11:55		Hammock (All Levels) Mikayla 11:00 - 11:55							Hoop (Beginner) Mikayla 11:00 - 11:55		Pole (All Levels) Teghann 11:00 - 11:55		Aerial Pilates Teghann 11:00 - 11:55			Silks (Beginner) Victoria 11:00 - 11:55				
Aerial Yoga (Flow) Teghann 12:15 - 1:10			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 1:00pm				Flexibility Teghann 12:00 - 12:55		Hammock (All Levels) Victoria 12:00 - 12:55			
Studio Closed @ 1:15pm																			Pole (All Levels) Teghann 1:00 - 1:55		Straps & Conditioning (Pre-Requisites) Victoria 1:00 - 1:55			
																		Aerial Hoop (All Levels) Teghann 2:00 - 2:55			Aerial Open Gym Victoria 2:00 - 4:00		Pole Open Gym Victoria 2:00 - 4:00	Flex Open Gym Victoria 2:00 - 4:00
Studio Opens @ 4:45pm			Studio Opens @ 4:45pm			Studio Opens @ 4:45pm						Studio Opens @ 4:45pm						Studio Closed @ 4:00pm						
	Pole (Beginner) Teghann 5:00 - 5:55			Pole (Beg/Inter) Teghann 5:00 - 5:55			Pole (All Levels) Teghann 5:00 - 5:55	Stretch & Strength Marissa 5:00 - 5:55				Studio Opens @ 5:45pm			Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Studio Closed @ 5:00pm						
			Hammock Choreo (Inter/Adv. Pre-Req) Jenessa 6:00 - 6:55		Flexibility Teghann 6:00 - 6:55	Hammock (Beg/Inter) Mikayla 6:00 - 6:55		Pole (Inter/Adv. Pre-Req) Teghann 6:00 - 6:55	Contortion (Beg. Pre-Req) Marissa 6:00 - 6:55					Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55										
Hammock Choreo (Pre-Requisites) Mikayla 7:00 - 7:55	Spin Pole Combos (Pre-Requisites) Teghann 7:00 - 7:55		Silks (Inter/Adv. Pre-Req) Jenessa 7:00 - 7:55		Pole (All Levels) Teghann 7:00 - 7:55		Silks (Beg/Inter) Mikayla 7:00 - 7:55		Pole Choreo (All Levels) Teghann 7:00 - 7:55			Silks (Inter/Adv. Pre-Req) Jenessa 7:00 - 7:55	Pole (All Levels) Melissa 7:00 - 7:55		Silks (All Levels) Mikayla 7:00 - 7:55		Pole (Beg/Inter) Teghann 7:00 - 7:55							
Silks (All Levels) Mikayla 8:00 - 8:55	Pole Choreo (All Levels) Teghann 8:00 - 8:55		Silks (Beginner) Jenessa 8:00 - 8:55		Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55		Aerial Hoop (Beg/Inter) Teghann 8:00 - 8:55					Silks (All Levels) Jenessa 8:00 - 8:55	Pole (Inter/Adv. Pre-Req) Melissa 8:00 - 8:55		Hammock Choreo (Pre-Requisites) Mikayla 8:00 - 8:55		Spin Pole Combos (Pre-Requisites) Teghann 8:00 - 8:55							
Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm									

AcroFit Class Legend

Adult Classes - Beginner Friendly Adults (18+) Weekly Drop - In		Adult Classes - Experience Required Adults (18+) Weekly Drop - In	
Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In		Adult Open Gym Adults (18+) Weekly Drop - In Individual Training	

AcroFit Class Legend

Adult Classes - Beginner Friendly

Adults (18+)

Weekly Drop - In

Adult Classes - Experience Required

Adults (18+)

Weekly Drop - In

Adult Pre-Requisite Classes

Adults (18+)

Weekly Drop - In

Adult Open Gym

Adults (18+)

Weekly Drop - In Individual Training