

September 2022 - June 2023 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 @ 11:45am			Studio Opens @ 10:45am			Studio Opens @ 9:45am			Studio Opens @ 3:30pm			Studio Opens @ 10:45am			Studio Opens @ 8:45am			Studio Opens @ 11:45am		
Pole Teghann 12:00 - 12:55			Silks Paula 11:00 - 11:55			Silks Paula 10:00 - 10:55			Studio Closed @ 1:00pm			Aerial Yoga (Flow) Teghann 11:00 - 11:55			Aerial Yoga (Restorative) Teghann 10:00 - 10:55			Studio Closed @ 1:00pm		
Studio Closed @ 1:00pm			Studio Closed @ 12:00pm			Studio Closed @ 11:00pm			Studio Closed @ 1:00pm			Studio Closed @ 1:00pm			Studio Closed @ 1:00pm			Studio Closed @ 1:00pm		
Studio Opens @ 2:30pm			Studio Opens @ 4:45pm			Studio Opens @ 3:45pm			Studio Opens @ 3:30pm			Studio Opens @ 3:30pm			Studio Closed @ 6:00pm			Studio Closed @ 6:00pm		
Silks (Beg/Inter) Erin 2:45 - 3:40			Silks Paula 5:00 - 5:55	Pole Teghann 5:00 - 5:55		Silks (Intro/Beg) Paula 5:00 - 5:55	Pole Teghann 5:00 - 5:55	Stretch & Strength	Silks (Beg) Erin 3:45 - 4:40			Aerial Hoop (Beg/Inter) Teghann 4:00 - 4:55		Contortion (Beg) Marissa 3:45 - 5:10	Aerial Hoop Teghann 5:00 - 5:55			Aerial Hoop Teghann 4:30 - 6:00		
Silks (Beg) Erin 3:45 - 4:40		Stretch & Strength	Hammock Choreo Paula 6:00 - 6:55	Pole (Intro/Beg) Teghann 6:00 - 6:55		Hammock Choreo Paula 6:00 - 6:55	Pole (Intro/Beg) Teghann 6:00 - 6:55	Contortion (Inter/Adv) Balance Based Marissa 4:00 - 5:25	Silks (Beg/Inter) Erin 4:45 - 5:40			Hoop Choreo (pre-requisites) Teghann 6:00 - 6:55		Contortion (Inter/Adv) Flexibility Based Skills Only Marissa 5:15 - 7:40						
Silks (Beg/Inter) Erin 4:45 - 5:40	Pole (Intro/Beg) Teghann 5:45 - 6:40	Acro (Inter) Marissa 4:15 - 5:40	Silks (Intro/Beg) Paula 7:00 - 7:55	Pole Choreo (Intro/Adv) Teghann 7:00 - 7:55		Silks (Intro/Beg) Paula 7:00 - 7:55	Pole Choreo (Intro/Adv) Teghann 7:00 - 7:55	Acro (Inter/Beg) Marissa 7:00 - 7:55	Silks (Adv) Erin 5:45 - 6:40											
Silks (Adv) Erin 5:45 - 6:40	Pole (Intro/Beg) Teghann 5:45 - 6:40	Acro (Inter) Marissa 4:15 - 5:40	Silks (Intro/Beg) Paula 7:00 - 7:55	Pole Choreo (Intro/Adv) Teghann 7:00 - 7:55		Silks (Intro/Beg) Paula 7:00 - 7:55	Pole Choreo (Intro/Adv) Teghann 7:00 - 7:55	Acro (Inter/Beg) Marissa 7:00 - 7:55	Silks (Intro/Beg) Katie 6:45 - 7:40											
Silks Paula 6:45 - 7:40	Pole Teghann 6:45 - 7:40	Flexibility Marissa 7:15 - 8:10	Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 9:00pm			Studio Closed @ 8:00pm		
Silks Paula 7:45 - 8:40	Pole Choreo Teghann 7:45 - 8:40		Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 9:00pm			Studio Closed @ 8:00pm		
Studio Closed @ 8:45pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 9:00pm			Studio Closed @ 8:00pm		

Class Legend

AcroFit Beginner Classes Adult (18yrs +) Weekly Drop - In Classes	AcroFit All Levels Classes Adult (18yrs +) Weekly Drop In Classes	AcroFit Advanced Classes Adult (18yrs +) Weekly Drop - In Classes
AcroFit Open Gym Adults (18yrs +) Weekly Drop - In Individual Training		
Dynamic Beginner Classes Ages 7 - 10 September 2022 - June 2023	Dynamic Inter Classes Ages 11 - 14 September 2022 - June 2023	Dynamic Adv Classes Ages 15 - 18 September 2022 - June 2023

IMPORTANT INFO FOR KIDS CLASSES
A free audition is required for all new students wanting to join the Inter/Adv Contortion or Adv Silk Classes. Please contact the studio to set up an audition time.