

September 2023 - June 2024 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 @ 9:45am			Studio Opens @ 10:45am			Studio Opens @ 8:45am			Studio Opens @ 9:45am		
	Pole (All Levels) Teghann 12:00 - 12:55		Silks (All Levels) Paula 11:00 - 11:55			Silks (All Levels) Paula 10:00 - 10:55			Silks (All Levels) Kaitlan 10:00 - 10:55			Aerial Yoga (Flow) Teghann 11:00 - 11:55			Flexibility (All Levels) Teghann 11:00 - 11:55			Silks (All Levels) Paula 10:00 - 10:55		
Studio Closed @ 1:00pm			Studio Closed @ 12:00pm			Studio Closed @ 11:00pm			Studio Closed @ 11:00pm			Studio Closed @ 1:00pm			Studio Closed @ 5:00pm			Studio Closed @ 6:00pm		
Studio Opens @ 2:30pm			Studio Opens @ 3:30pm			Studio Opens @ 4:45pm			Studio Opens @ 3:30pm			Studio Opens @ 3:45pm			Studio Closed @ 5:00pm			Studio Closed @ 6:00pm		
Silks (Beg/Inter) Erin 2:45 - 3:40			Silks (Beg) Erin 3:45 - 4:40			Silks (Intro/Beg) Paula 5:00 - 5:55	Pole (All Levels) Teghann 5:00 - 5:55	Contortion (Inter/Adv) Marissa 5:00 - 6:55	Silks (Beg) Erin 3:45 - 4:40			Aerial Hoop (Beg/Inter) Teghann 4:00 - 4:55			Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Aerial Hoop (All Levels) Paula 5:45 - 6:40		
Silks (Beg/Inter) Erin 4:45 - 5:40		Stretch & Strength (All Levels) Marissa 4:15 - 5:40	Silks (Beg/Inter) Erin 4:45 - 5:40			Hammock Choreo Teghann 6:00 - 6:55	Pole (Intro/Beg) Teghann 6:00 - 6:55		Silks (Inter) Erin 4:45 - 5:40			Hoop Choreo (pre-requisites) Teghann 6:00 - 6:55			Silks (All Levels) Kaitlan 7:00 - 7:55			Silks (All Levels) Paula 7:45 - 8:40		
Silks (Adv) Erin 5:45 - 6:40	Pole (Intro/Beg) Teghann 5:45 - 6:40	Acro (Inter) Marissa 5:45 - 7:10	Silks (All Levels) Paula 5:45 - 6:40			Silks (All Levels) Paula 7:00 - 7:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	Acro (Intro/Beg) Marissa 7:00 - 7:55	Silks (Adv) Erin 5:45 - 6:40			Silks (Intro/Beg) Kaitlan 6:45 - 7:40			Silks (Intro/Beg) Kaitlan 7:45 - 8:40			Silks (Intro/Beg) Teghann 8:00 - 8:55		
Hammock Choreo Paula 6:45 - 7:40	Pole (All Levels) Teghann 6:45 - 7:40	Flexibility Marissa 7:15 - 8:10	Hammock Choreo Paula 6:45 - 7:40			Studio Closed @ 8:00pm			Silks (All Levels) Paula 7:45 - 8:40			Studio Closed @ 8:45pm			Silks (Intro/Beg) Kaitlan 8:00 - 8:55			Studio Closed @ 9:00pm		
Studio Closed @ 8:45pm			Studio Closed @ 8:45pm			Studio Closed @ 8:00pm			Studio Closed @ 8:45pm			Studio Closed @ 9:00pm			Studio Closed @ 5:00pm			Studio Closed @ 6:00pm		
Class Legend																				
AcroFit Beginner Classes Adults (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														Acro Exam Prep Classes (registration opens in Dec) Classes run every other week						
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 an Advanced Classes. Please contact the studio to set up an audition time.																				