

Summer 2023 (July & August)

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		12:00 - 12:55	Silks (All Levels) Paula 11:00 - 11:55		11:00 - 11:55	Silks (All Levels) Paula 10:00 - 10:55		10:00 - 10:55	Silks (All Levels) Kaitlan 10:00 - 10:55		10:00 - 10:55	Aerial Yoga (Flow) Teghann 11:00 - 11:55		11:00 - 11:55	Aerial Yoga (Restorative) Teghann 10:00 - 10:55		10:00 - 10:55	Silks (All Levels) Paula 10:00 - 10:55		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 @ 1:00pm			Studio Closed @ 1:00pm		
Studio Opens @ 5:30pm			Studio Opens @ 1:45pm			Studio Opens @ 4:15pm			Studio Opens @ 2:45pm			Studio Opens @ 3:45pm			Studio Opens @ 5:00pm			Studio Opens @ 6:00pm		
Silks (All Levels) Paula 5:45 - 6:40		Pole (Intro/Beg) Teghann 5:45 - 6:40	Silks (Beg) Erin 3:00 - 3:55		3:00 - 3:55	Silks (Intro/Beg) Paula 5:00 - 5:55		Pole (All Levels) Teghann 5:00 - 5:55	Silks (Beg/Inter) Erin 4:00 - 4:55		4:00 - 4:55	Silks (Intro/Beg) Kaitlan 7:00 - 7:55		7:00 - 7:55	Aerial Hoop (All Levels) Teghann 5:00 - 5:55		5:00 - 5:55	Aerial Hoop (All Levels) Teghann 3:00 - 5:00		3:00 - 5:00
Hammock Choreo Paula 6:45 - 7:40		Pole (All Levels) Teghann 6:45 - 7:40	Silks (Beg/Inter) Erin 4:00 - 4:55		Acro/Contortion (Beg) Marissa 4:00 - 5:25	Hammock Choreo Paula 6:00 - 6:55		Pole (Intro/Beg) Teghann 6:00 - 6:55	Silks (Intro/Beg) Erin 4:00 - 4:55		4:00 - 4:55	Silks (Intro/Beg) Kaitlan 7:00 - 7:55		7:00 - 7:55	Hoop Choreo (pre-requisites) Teghann 6:00 - 6:55		6:00 - 6:55	Aerial Hoop (All Levels) Teghann 3:00 - 5:00		3:00 - 5:00
Silks (All Levels) Paula 7:45 - 8:40		Pole Choreo (All Levels) Teghann 7:45 - 8:40	Acro/Contortion (Inter) Marissa 4:30 - 6:55		Contortion (Inter/Adv) Marissa 4:30 - 6:55	Hammock Choreo Paula 6:00 - 6:55		Pole (Intro/Beg) Teghann 6:00 - 6:55	Silks (Intro/Beg) Kaitlan 7:00 - 7:55		7:00 - 7:55	Silks (Intro/Beg) Kaitlan 7:00 - 7:55		7:00 - 7:55	Silks (Intro/Beg) Kaitlan 8:00 - 8:55		8:00 - 8:55	Aerial Hoop (All Levels) Teghann 3:00 - 5:00		3:00 - 5:00
Studio Closed @ 8:45pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 8:00pm			Studio Closed @ 5:00pm			Studio Closed @ 6:00pm		

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 Weekly Drop - In Class	Dynamic Inter Classes Ages 11 - 14 Weekly Drop - In Class	Dynamic Adv Classes Ages 15 - 18 Weekly Drop - In Class