

March - 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 @ 9:45am			Studio Opens @ 6:45am			Studio Opens @ 5:45am			Studio Opens @ 9:45am			Studio Opens @ 6:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			
Hammock (All Levels) Mikayla 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55				Aerial Yoga (Restorative) Olivia 6:00 - 6:55	6:00 - 6:55	6:00 - 6:55				Hammock Conditioning Olivia 7:00 - 7:55	7:00 - 7:55	7:00 - 7:55							
Silks (All Levels) Mikayla 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55		7:00 - 7:55	7:00 - 7:55	Aerial Silks (All Levels) Mikayla 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55							Aerial Yoga (Restorative) Teghann 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55	Silks (All Levels) Victoria 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55	
12:00 - 12:55	Pole (All Levels) Teghann 12:00 - 12:55	12:00 - 12:55	Studio Closed @ 8:00am						Studio Closed @ 7:00am			Studio Closed @ 8:00am									
Studio Closed @ 1:00pm			Studio Opens @ 3:30pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 1:00pm			Studio Opens @ 9:45am			Studio Opens @ 9:45am			
Studio Opens @ 2:30pm									Studio Opens @ 3:30pm			Studio Opens @ 4:45pm			Studio Opens @ 5:00pm			Studio Opens @ 6:15pm			
Silks (Beg/Inter) Erin 2:45 - 3:40			Silks (Beg) Erin 3:45 - 4:40	3:45 - 4:40	3:45 - 4:40				Silks (Beg) Erin 3:45 - 4:40	3:45 - 4:40	3:45 - 4:40	Silks (Beg/Inter) Erin 4:45 - 5:40	4:45 - 5:40	4:45 - 5:40	Aerial Hoop (All Levels) Teghann 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55	Silks (Beg) Erin 3:45 - 4:40	3:45 - 4:40	Acro/Contortion (Beg) Marissa 4:00 - 5:25	
Silks (Beg) Erin 3:45 - 4:40	5:00 - 5:55	3:15 - 4:10 Stretch & Strength (All Levels)	Silks (Beg/Inter) Erin 4:45 - 5:40	4:45 - 5:40	4:45 - 5:40	Silks (All Levels) Kaitlan 5:45 - 6:40	Pole (Intro/Beg) Teghann 5:45 - 6:40	5:45 - 6:40	Silks (Inter) Erin 4:45 - 5:40	4:45 - 5:40	4:45 - 5:40	Silks (Adv) Erin 5:45 - 6:40	5:45 - 6:40	5:45 - 6:40	Hoop Choreo (pre-requisites) Teghann 6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	Silks (Intro/Beg) Kaitlan 6:45 - 7:40	6:45 - 7:40	Contortion Balances (Inter/Adv) Marissa 5:30 - 6:55	
Silks (Beg/Inter) Erin 4:45 - 5:40	4:00 - 4:55	4:15 - 5:40	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	6:45 - 7:40	Hammock Choreo Mikayla 6:00 - 6:55	Pole (Intro/Beg) Teghann 6:00 - 6:55	6:00 - 6:55	Silks (Inter) Erin 4:45 - 5:40	4:45 - 5:40	4:45 - 5:40	Silks (All Levels) Mikayla 7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	6:00 - 6:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	Contortion Balances (Inter/Adv) Marissa 5:30 - 6:55	
Silks (Adv) Erin 5:45 - 6:40	5:00 - 5:55	5:45 - 7:10	Hammock Choreo Kaitlan 6:45 - 7:40	6:45 - 7:40	6:45 - 7:40	Silks (All Levels) Mikayla 7:00 - 7:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	7:00 - 7:55	Silks (Adv) Erin 5:45 - 6:40	5:45 - 6:40	5:45 - 6:40	Silks (All Levels) Kaitlan 7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	6:00 - 6:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	Contortion Balances (Inter/Adv) Marissa 5:30 - 6:55	
Hammock Choreo Mikayla 6:45 - 7:40	6:00 - 6:55	5:45 - 7:10	Silks (Intro/Beg) Kaitlan 7:45 - 8:40	7:45 - 8:40	7:45 - 8:40	Aerial Hoop (All Levels) Teghann 8:00 - 8:55	Pole (All Levels) Teghann 7:45 - 8:40	7:45 - 8:40	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	6:45 - 7:40	Silks (All Levels) Kaitlan 7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	6:00 - 6:55	Silks (All Levels) Kaitlan 6:45 - 7:40	6:45 - 7:40	Contortion Balances (Inter/Adv) Marissa 5:30 - 6:55	
Aerial Yoga Flow & Restorative Teghann 8:15 - 9:10	8:00 - 8:55	8:15 - 9:10	Studio Closed @ 8:45pm			Studio Closed @ 9:00pm			Studio Closed @ 8:45pm			Studio Closed @ 8:45pm			Studio Closed @ 9:00pm			Studio Closed @ 6:15pm			
Studio Closed @ 9:15pm			Studio Closed @ 8:45pm			Studio Closed @ 9:00pm			Studio Closed @ 8:45pm			Studio Closed @ 8:45pm			Studio Closed @ 9:00pm			Studio Closed @ 6:15pm			

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		Kids Acro Exam Prep Classes (registration opens in Dec) Classes run every other week
Dynamic Beginner Classes Ages 7 - 10 September 2023 - June 2024	Dynamic Inter Classes Ages 11 - 14 September 2023 - June 2024	Dynamic Adv Classes Ages 15 - 18 September 2023 - June 2024

IMPORTANT INFO FOR KIDS CLASSES
All students wishing to join our Advanced Classes must get approval from our coaches.
Please contact the studio to set up an audition time.