

AcroFit Sept 2024 - June 2025 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									
Day Time Classes																													
Hammock (All Levels) Mikayla 10:00 - 10:55						Aerial Silks (All Levels) 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						Hammock (All Levels) Mikayla 11:00 - 11:55									Hammock Choreo (Inter/Adv. Pre-Req) Paula 11:00 - 11:55			Flexibility (All Levels) Teghann 11:00 - 11:55			Silks (Intro/Beg) Victoria 11:00 - 11:55								
Pole (All Levels) Teghann 12:00 - 12:55												Aerial Hoop (All Levels) Teghann 12:00 - 12:55			Silks (Inter/Adv) Paula 12:00 - 12:55			Pole (Intro/Beg) Teghann 12:00 - 12:55			Hammock (All Levels) Victoria 12:00 - 12:55								
Evening Classes																													
Pole (Intro/Beg) Teghann 5:00 - 5:55															Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55			Silks (All Levels) Paula 1:00 - 1:55			Pole (Intro/Beg) Teghann 1:00 - 1:55			Straps (Pre-Requisites) Victoria 1:00 - 1:55		
Pole (All Levels) Teghann 6:00 - 6:55			Silks (All Levels) Paula 6:00 - 6:55			Pole (Intro/Beg) Teghann 6:00 - 6:55						Pole (All Levels) Teghann 6:30 - 7:25						Aerial Hoop (All Levels) Teghann 2:00 - 2:55			Aerial Open Gym Victoria 2:00 - 3:30			Pole Open Gym Victoria 2:00 - 4:00			Non Aerial Open Gym Victoria 2:00 - 4:00		
Spin Pole Combos (Pre-Requisites) Teghann 7:00 - 7:55			Hammock Choreo (Inter/Adv. Pre-Req) Paula 7:00 - 7:55			Pole (All Levels) Teghann 7:00 - 7:55						Silks (Intro/Beg) Mikayla 7:30 - 8:25			Pole Choreo (All Levels) Teghann 7:30 - 8:25			Acro (All Levels) Marissa 7:15 - 8:10			Aerial Open Gym Victoria 3:30 - 5:00								
Hammock Choreo (Pre-Requisites) Mikayla 7:15 - 8:10			Silks (Inter/Adv) Paula 8:00 - 8:55			Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55						Silks (All Levels) Paula 8:00 - 8:55			Aerial Hoop (All Levels) Teghann 8:30 - 9:25														
Silks (Intro/Beg) Mikayla 8:15 - 9:10												Silks (All Levels) Paula 7:00 - 7:55			Silks (Inter/Adv) Paula 8:00 - 8:55														

Class Legend

Beginner Classes
Adults (18+)
Weekly Drop - In

All Levels Classes
Adults (18+)
Weekly Drop - In

Inter/Adv + Pre-Req Classes
Adults (18+)
Weekly Drop - In

AcroFit Open Gym
Adults (18+)
Weekly Drop - In Individual Training

IMPORTANT INFORMATION

Please visit our website for pre-requisites info for our Inter/Adv classes