

# AcroFit July & August 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						
Day Time Classes			Day Time Classes			Day Time Classes			Day Time Classes			Day Time Classes			Day Time Classes			Day Time Classes								
<b>Silks (All Levels)</b> Mikayla 11:00 - 11:55						<b>Aerial Silks (All Levels)</b> Mikayla 10:00 - 10:55						<b>Silks (All Levels)</b> Mikayla 9:45 - 10:40						<b>Aerial Yoga (Restorative)</b> Teghann 10:00 - 10:55			<b>Silks (All Levels)</b> Victoria 10:00 - 10:55					
<b>Pole (All Levels)</b> Teghann 12:00 - 12:55												<b>Aerial Yoga (Flow)</b> Teghann 11:00 - 11:55			<b>Pole (All Levels)</b> Teghann 12:00 - 12:55			<b>Flexibility (All Levels)</b> Teghann 11:00 - 11:55			<b>Silks (Intro/Beg)</b> Victoria 11:00 - 11:55					
Evening Classes			Evening Classes			Evening Classes			Evening Classes			Evening Classes			Evening Classes			Evening Classes								
<b>Pole (Intro/Beg)</b> Teghann 5:00 - 5:55						<b>Pole (All Levels)</b> Teghann 5:00 - 5:55						<b>Aerial Hoop (All Levels)</b> Teghann 5:00 - 5:55			<b>Hoop Choreo (Pre-Requisites)</b> Teghann 6:00 - 6:55			<b>Silks (All Levels)</b> Paula 1:00 - 1:55			<b>Pole (Intro/Beg)</b> Teghann 1:00 - 1:55					
<b>Silks (Intro/Beg)</b> Mikayla 6:00 - 6:55			<b>Pole (All Levels)</b> Teghann 6:00 - 6:55			<b>Silks (Intro/Beg)</b> Mikayla 6:00 - 6:55			<b>Pole (Intro/Beg)</b> Teghann 6:00 - 6:55			<b>Silks (All Levels)</b> Paula 6:45 - 7:40			<b>Silks (All Levels)</b> Mikayla 7:00 - 7:55			<b>Silks (Intro/Beg)</b> Mikayla 2:00 - 3:30			<b>Pole Open Gym</b> Victoria 2:00 - 4:00					
<b>Hammock Choreo (Pre-Requisites)</b> Mikayla 7:00 - 7:55			<b>Spin Pole Combos (Pre-Requisites)</b> Teghann 7:00 - 7:55			<b>Hammock Choreo (Inter/Adv. Pre-Req)</b> Paula 6:45 - 7:40			<b>Pole (All Levels)</b> Teghann 6:45 - 7:40			<b>Silks (Inter/Adv. Pre-Req)</b> Paula 7:45 - 8:40			<b>Pole Choreo (Inter/Adv. Pre-Req)</b> Teghann 7:45 - 8:40			<b>Flexibility (All Levels)</b> Marissa 7:30 - 8:25			<b>Hammock Choreo (Pre-Requisites)</b> Victoria 3:30 - 5:00			<b>Aerial Open Gym</b> Victoria 2:00 - 4:00		
<b>Aerial Yoga Flow &amp; Restorative</b> Teghann 8:15 - 9:10						<b>Aerial Hoop (All Levels)</b> Teghann 8:00 - 8:55			<b>Silks (Intro/Beg)</b> Mikayla 7:00 - 7:55			<b>Acro (Intro/Adv)</b> Marissa 7:30 - 8:25			<b>Silks (All Levels)</b> Mikayla 7:00 - 7:55			<b>Pole (Intro/Beg)</b> Teghann 7:00 - 7:55			<b>Non Aerial Open Gym</b> Victoria 2:00 - 4:00					
									<b>Silks (All Levels)</b> Paula 6:45 - 7:40			<b>Silks (Inter/Adv. Pre-Req)</b> Paula 7:45 - 8:40			<b>Hammock Choreo (Pre-Requisites)</b> Mikayla 8:00 - 8:55			<b>Pole (All Levels)</b> Teghann 8:00 - 8:55								

## Class Legend

**Beginner Classes**  
Adults (18+)  
Weekly Drop - In

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

**Pre-Requisite 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. [www.AcroFit.ca](http://www.AcroFit.ca)