

September 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	
Studio Opens @ 9:45am						Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 10:45am			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 Silks (All Levels) Mikayla 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55	Aerial Open Gym Mikayla 10:00 - 12:00	Pole Open Gym Mikayla 10:00 - 12:00	Non Aerial Open Gym Mikayla 10:00 - 12:00	Silks (Intro/Beg) 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	
Silks (All Levels) Mikayla 11:00 - 11:55	Pole (All Levels) Teghann 11:00 - 11:55	11:00 - 11:55				Hammock (All Levels) Mikayla 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	Studio Closed @ 12:00pm			Silks (All Levels) Mikayla 11:00 - 11:55	Spin Pole Combos (Pre-Requisites) Teghann 11:00 - 11:55	11:00 - 11:55	Hammock Choreo (Inter/Adv. Pre-Req) Paula 11:00 - 11:55	11:00 - 11:55	Flexibility (All Levels) Teghann 11:00 - 11:55	Silks (Intro/Beg) Victoria 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	
Aerial Yoga (Flow) Teghann 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55				Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			12:00 - 12:55	Pole (All Levels) Teghann 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55	Silks (Inter/Adv. Pre-Req) Paula 12:00 - 12:55	Pole (Intro/Beg) Teghann 12:00 - 12:55	Acro Exam Prep (January - June) Marissa 12:00 - 12:55	Hammock (All Levels) Victoria 12:00 - 12:55	12:00 - 12:55	12:00 - 12:55
Studio Closed @ 1:00pm												Studio Closed @ 1:00pm			Studio Closed @ 1:00pm						
Studio Opens @ 2:30pm												Studio Opens @ 3:15pm			Studio Opens @ 3:45pm			Studio Opens @ 5:00pm			
Silks (All Levels Tech) Erin 2:45 - 3:40			Studio Opens @ 3:15pm						Studio Opens @ 4:15pm			Silks (Beg/Inter Tech) Erin 3:30 - 4:25	3:30 - 4:25		Aerial Hoop (Beg/Inter Tech) Teghann 4:00 - 4:55	4:00 - 4:55	4:00 - 4:55	AcroFit Class Legend			
Silks (Beg/Inter Tech) Erin 3:45 - 4:40	3:00 - 3:55	3:00 - 3:55	Silks Performance (All Levels) Erin 3:30 - 4:55	4:00 - 4:55	4:00 - 4:55			Acro/Contortion (Beg Tech) Marissa 4:30 - 5:25			Acro/Contortion Performance (Beg) Marissa 4:00 - 5:25			Aerial Hoop (All Levels) Teghann 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55	IMPORTANT INFO - Adult Classes All classes are 18+ and require prior online registration through the AcroFit website Please see pre-requisites over on our website!				
Silks (Inter/Adv Tech) Erin 4:45 - 5:40	Pole (Intro/Beg) Teghann 4:00 - 4:55	Stretch & Strength (All Levels Tech) Marissa 4:00 - 4:55	Silks (Beg/Inter Tech) Erin 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55	4:30 - 5:25	Silks (Beg Tech) Mikayla 5:30 - 6:25	Pole (All Levels) Teghann 5:30 - 6:25			Acro/Contortion Balance + Partnering (Inter/Adv Tech) Marissa 5:30 - 6:55			Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	Adult Classes Adults (18+) Weekly Drop - In	Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In	Adult Open Gym Adults (18+) Weekly Drop - In Individual Training		
Silks Performance (All Levels) Erin 5:45 - 7:10	Pole (All Levels) Teghann 6:00 - 6:55	Acro Performance (Inter) Marissa 6:00 - 7:25	Silks (Intro/Beg) Paula 6:00 - 6:55	Pole (Intro/Beg) Teghann 6:00 - 6:55	6:00 - 6:55	Silks (Beg/Inter Tech) Mikayla 6:30 - 7:25	Silks (All Levels) Mikayla 7:30 - 8:25	Pole (Intro/Beg) Teghann 6:30 - 7:25	Acro Performance (Inter/Adv) Marissa 5:30 - 7:25		Competitive Acro (Inter/Adv) Marissa 7:00 - 7:55			Silks (All Levels) Mikayla 7:00 - 7:55	Pole (Intro/Beg) Teghann 7:00 - 7:55	7:00 - 7:55	Dynamic Class Legend				
Hammock Choreo (Pre-Requisites) Mikayla 7:15 - 8:10	Spin Pole Combos (Pre-Requisites) Teghann 8:00 - 8:55	Flexibility (All Levels) Marissa 7:30 - 8:25	Hammock Choreo (Inter/Adv. Pre-Req) Paula 8:00 - 8:55	Pole (All Levels) Teghann 7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Mikayla 7:30 - 8:25	Pole Choreo (All Levels) Teghann 7:30 - 8:25	Acro (Beg/Inter) Marissa 7:30 - 8:25			Silks (All Levels) Paula 8:00 - 8:55			Hammock Choreo (Pre-Requisites) Mikayla 8:00 - 8:55	Pole (All Levels) Teghann 8:00 - 8:55	8:00 - 8:55	IMPORTANT INFO - Kids Classes Classes run weekly from Sept - June and are for children ages 7-18yrs. Please see website for more details. Inter/Advanced classes are by invite only or by audition/assessment.				
Silks (Intro/Beg) Mikayla 8:15 - 9:10	8:00 - 8:55		Silks (Inter/Adv. Pre-Req) Paula 8:00 - 8:55	Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55	8:00 - 8:55	Aerial Hoop (All Levels) Teghann 8:30 - 9:25	8:30 - 9:25	8:30 - 9:25	Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm						
Studio Closed @ 9:15pm			Studio Closed @ 9:00pm			Studio Closed @ 9:30pm															