AcroFit Sept 2024 - June 2025 Schedule

Monday

Studio 1	Studio 2	Studio 3
Day Time Classes		
Hammock (All Levels) Mikayla 10:00 - 10:55		
Silks (All Levels) Mikayla 11:00 - 11:55	**Pole** (All Levels) Teghann 11:00 - 11:55	
Aerial Yoga (Flow) Teghann 12:15 - 1:10		
Evening Classses		
	Pole (Intro/Beg) Teghann 5:00 - 5:55	
	Pole (All Levels) Teghann 6:00 - 6:55	
Hammock Choreo (Pre-Requisites) Mikayla 7:15 - 8:10	**Spin Pole Combos** (Pre-Requisites) Teghann 7:00 - 7:55	**Flexibility** (All Levels) Marissa 7:30 - 8:25
Silks (Intro/Beg) Mikayla 8:15 - 9:10	**Spin Pole Combos** (Pre-Requisites) Teghann 8:00 - 8:55	

Tuesday

Studio 1	Studio 2	Studio 3
Evening Classses		
Silks (All Levels) Paula 6:00 - 6:55	**Pole** (Intro/Beg) Teghann 6:00 - 6:55	
Hammock Choreo (Inter/Adv. Pre-Req) Paula 7:00 - 7:55	**Pole** (All Levels) Teghann 7:00 - 7:55	
Silks (Inter/Adv) Paula 8:00 - 8:55	**Pole Choreo** (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55	

Wednesday

Studio 1	Studio 2	Studio 3
Day Time Classes		
Aerial Silks (All Levels) Mikayla 10:00 - 10:55		
Hammock (All Levels) Mikayla 11:00 - 11:55		
Evening Classses		
	Pole (All Levels) Teghann 5:30 - 6:25	
	Pole (Intro/Beg) Teghann 6:30 - 7:25	
Silks (Intro/Beg) Mikayla 7:30 - 8:25	**Pole Choreo** (All Levels) Teghann 7:30 - 8:25	**Acro** All Levels Marissa 7:30 - 8:25
Aerial Hoop (All Levels) Teghann 8:30 - 9:25		

Thursday

Studio 1	Studio 2	Studio 3
Day Time Classes		
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
Evening Classses		
Silks (Inter/Adv) Paula 7:00 - 7:55		
Silks (All Levels) Paula 8:00 - 8:55		

Friday

Studio 1	Studio 2	Studio 3
Day Time Classes		
Silks (Intor/Beg) Mikayla 10:00 - 10:55		
Silks (All Levels) Mikayla 11:00 - 11:55	**Spin Pole Combos** (Pre-Requisites) Teghann 11:00 - 11:55	
	Pole (All Levels) Teghann 12:00 - 12:55	
Evening Classses		
Aerial Hoop (All Levels) Teghann 5:00 - 5:55		
Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55		
Silks (All Levels) Mikayla 7:00 - 7:55	**Pole** (Intro/Beg) Teghann 7:00 - 7:55	
Hammock Choreo (Pre-Requisites) Mikayla 8:00 - 8:55	**Pole** (All Levels) Teghann 8:00 - 8:55	

Saturday

Studio 1	Studio 2	Studio 3
Day Time Classes		
Aerial Yoga (Restorative) Teghann 10:00 - 10:55		
Hammock Choreo (Inter/Adv. Pre-Req) Paula 11:00 - 11:55		**Flexibility** (All Levels) Teghann 11:00 - 11:55
Silks (Inter/Adv) Paula 12:00 - 12:55	**Pole** (Intro/Beg) Teghann 12:00 - 12:55	
Silks (All Levels) Paula 1:00 - 1:55	**Pole** (Intro/Beg) Teghann 1:00 - 1:55	
Aerial Hoop (All Levels) Teghann 2:00 - 2:55		
Aerial Open Gym Teghann 3:00 - 5:00	**Pole Open Gym** Teghann 3:00 - 5:00	**Non Aerial Open Gym** Teghann 3:00 - 5:00

Sunday

Studio 1	Studio 2	Studio 3
Day Time Classes		
Silks (All Levels) Victoria 10:00 - 10:55		
Silks (Intro/Beg) Victoria 11:00 - 11:55		
Hammock (All Levels) Victoria 12:00 - 12:55		
Straps (Pre-Requisites) Victoria 1:00 - 1:55		
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
Aerial Open Gym Victoria 3:30 - 5:00		

Class Legend

Beginner Classes	All Levels Classes	Inter/Adv + Pre-Req Classes	AcroFit Open Gym
Adults (18+)	Adults (18+)	Adults (18+)	Adults (18+)
Weekly Drop - In	Weekly Drop - In	Weekly Drop - In	Weekly Drop - In Individual Training

IMPORTANT INFORMATION

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