AcroFit CHRISTMAS HOLIDAY Schedule

December 22 - January 4

Sunday December 22nd

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
- **Aerial Open Gym** — Victoria — 3:30 - 5:00
- **Pole Open Gym** — Victoria — 2:00 - 4:00
- **Non Aerial Open Gym** — Victoria — 2:00 - 4:00

Monday December 23rd

Studio 1 | Studio 2 | Studio 3

Evening Classses

- **Silks** (All Levels) — Mikayla — 6:15 - 7:10
- **Hammock Choreo** (Pre-Requisites) — Mikayla — 7:15 - 8:10
- **Silks** (Intro/Beg) — Mikayla — 8:15 - 9:10

Tuesday Dember 24th

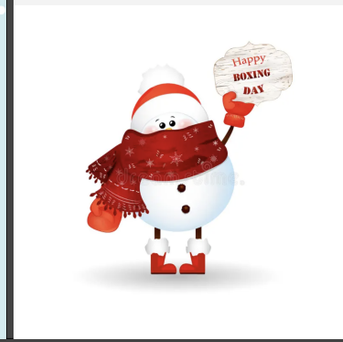
Studio 1 | Studio 2 | Studio 3

Wednesday December 25th

Studio 1 | Studio 2 | Studio 3

Thursday December 26th

Studio 1 | Studio 2 | Studio 3



Friday December 27th

Studio 1 | Studio 2 | Studio 3

Evening Classses

- **Silks** (Intro/Beg) — Mikayla — 6:00 - 6:55
- **Silks** (All Levels) — Mikayla — 7:00 - 7:55
- **Hammock Choreo** (Pre-Requisites) — Mikayla — 8:00 - 8:55

Saturday December 28th

Studio 1 | Studio 2 | Studio 3

Day Time Classes

- **Many Ways to Windmill Workshop** (Pre-Requisites) — Liesl — 1:00 - 2:30
- **Funky Dynamic Hammock Worskhop** (Pre-Requisites) — Liesl — 2:45 - 4:15

Sunday December 29th

Studio 1 | Studio 2 | Studio 3

Day Time Classes

- **Hammock Conditioning** — Jenessa — 10:00 - 10:55
- **Silks** (All Levels) — Jenessa — 11:00 - 11:55
- **Silks** (Intro/Beg) — Jenessa — 12:00 - 12:55
- **Hammock Choreo** (Pre-Requisites) — Jenessa — 1:00 - 1:55
- **Aerial Open Gym** — Jenessa — 2:00 - 3:30
- **Aerial Open Gym** — Jenessa — 3:30 - 5:00
- **Pole Open Gym** — Jenessa — 2:00 - 4:00
- **Non Aerial Open Gym** — Jenessa — 2:00 - 4:00

Monday December 30th

Studio 1 | Studio 2 | Studio 3

Evening Classses

- **Silks** (All Levels) — Mikayla — 6:15 - 7:10
- **Hammock Choreo** (Pre-Requisites) — Mikayla — 7:15 - 8:10
- **Silks** (Intro/Beg) — Mikayla — 8:15 - 9:10

Tuesday December 31st

Studio 1 | Studio 2 | Studio 3

Wednesday January 1st

Studio 1 | Studio 2 | Studio 3

Thursday January 2nd

Studio 1 | Studio 2 | Studio 3

Evening Classses

- **Silks** (Inter/Adv) — Paula — 7:00 - 7:55
- **Silks** (All Levels) — Paula — 8:00 - 8:55

Friday January 3rd

Studio 1 | Studio 2 | Studio 3

Day Time Classes

- **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 January 4th

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