

July & August 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 @ 8:45am					
Studio Opens @ 9:45am						Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			9:00 - 9:55	9:00 - 9:55	Flexibility Victoria 9:00 - 9:55			
Hammock (All Levels) Mikayla 10:00 - 10:55						Aerial Silks (All Levels) Mikayla 10:00 - 10:55			Aerial Open Gym	Pole Open Gym	Non Aerial Open Gym	Silks (Beginner) 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	Pole (All Levels) Teghann 11:00 - 11:55					Hammock (All Levels) Mikayla 11:00 - 11:55			Mikayla 10:00 - 12:00	Mikayla 10:00 - 12:00	Mikayla 10:00 - 12:00	Silks (All Levels) Mikayla 11:00 - 11:55	Spin Pole Combos (Pre-Requisites) Teghann 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	Silks (Beginner) Victoria 11:00 - 11:55					
Aerial Yoga (Flow) Teghann 12:15 - 1:10													Pole (All Levels) Teghann 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 @ 12:00pm			Studio Closed @ 1:00pm			Studio Closed @ 1:00pm			Straps + Conditioning (Pre-Requisites) Victoria 1:00 - 1:55					
																		Aerial Hoop (All Levels) Teghann 2:00 - 2:55					
Studio Opens @ 4:45pm			Studio Opens @ 4:45pm			Studio Opens @ 4:45pm			Studio Opens @ 5:45pm			Studio Opens @ 4:45pm			Studio Closed @ 5:00pm			AcroFit Class Legend					
			5:00 - 5:55	Pole (Beginner) Teghann 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55			5:00 - 5:55	Pole (All Levels) Teghann 5:00 - 5:55	5:00 - 5:55	Aerial Hoop (All Levels) Teghann 5:00 - 5:55		5:00 - 5:55	5:00 - 5:55	Adult Beginner Friendly Classes Adults (18+) Weekly Drop - In			Adult All Levels Classes Adults (18+) Weekly Drop - In				
Silks (All Levels) Mikayla 6:00 - 6:55	Pole (Beginner) Teghann 6:00 - 6:55	6:00 - 6:55	Silks (Beginner) Paula 6:00 - 6:55	Flexibility Teghann 6:00 - 6:55	6:00 - 6:55	Hammock (Beginner) Mikayla 6:00 - 6:55	Pole (Beg/Inter) Teghann 6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	Silks (All Levels) Mikayla 7:00 - 7:55		6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In			Adult Open Gym Adults (18+) Weekly Drop - In Individual Training			
Hammock Choreo (Pre-Requisites) Mikayla 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55	7:00 - 7:55	Hammock Choreo (Inter/Adv. Pre-Req) Paula 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Mikayla 7:00 - 7:55	Pole Choreo (All Levels) Teghann 7:00 - 7:55	Acro (Beg/Inter) Marissa 7:00 - 7:55				Silks (All Levels) Paula 7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	7:00 - 7:55							
Silks (Beginner) Mikayla 8:00 - 8:55	Spin Pole Combos (Pre-Requisites) Teghann 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 8:00 - 8:55		8:00 - 8:55	8:00 - 8:55	8:00 - 8:55	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						
Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:30pm			Studio Closed @ 8:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm								
																					All classes are 18+ with prior online registration required Please see pre-requisites over on our website!		