# July & August 2025 Schedule

## Monday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 9:45am** | | |
| **Hammock** **(All Levels)** Mikayla 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 |
| **Aerial Yoga** **(Flow)** Teghann 12:15 - 1:10 | 12:00 - 12:55 | 12:00 - 12:55 |
| **Studio Closed @ 1:15pm** | | |
| **Studio Opens @ 5:45pm** | | |
| **Silks** **(All Levels)** Mikayla 6:00 - 6:55 | **Pole** **(Beginner)** Teghann 6:00 - 6:55 | 6:00 - 6:55 |
| **Hammock Choreo** **(Pre-Requisites)** Mikayla 7:00 - 7:55 | **Pole** **(All Levels)** Teghann 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 | 8:00 - 8:55 |
| **Studio Closed @ 9:00pm** | | |

## Tuesday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 4:45pm** | | |
| | **Pole** **(Beginner)** Teghann 5:00 - 5:55 | 5:00 - 5:55 |
| **Silks** **(Beginner)** Paula 6:00 - 6:55 | **Flexibility** Teghann 6:00 - 6:55 | 6:00 - 6:55 |
| **Hammock Choreo** **(Inter/Adv. Pre-Req)** Paula 7:00 - 7:55 | **Pole** **(All Levels)** Teghann 7:00 - 7:55 | 7:00 - 7:55 |
| **Silks** **(Inter/Adv. Pre-Req)** Paula 8:00 - 8:55 | **Pole Choreo** **(Inter/Adv. Pre-Req)** Teghann 8:00 - 8:55 | 8:00 - 8:55 |
| **Studio Closed @ 9:00pm** | | |

## Wednesday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 9:45am** | | |
| **Aerial Silks** **(All Levels)** Mikayla 10:00 - 10:55 | 10:00 - 10:55 | 10:00 - 10:55 |
| **Hammock** **(All Levels)** Mikayla 11:00 - 11:55 | 11:00 - 11:55 | 11:00 - 11:55 |
| **Studio Closed @ 12:00pm** | | |
| **Studio Opens @ 4:45pm** | | |
| 5:00 - 5:55 | **Pole** **(All Levels)** Teghann 5:00 - 5:55 | 5:00 - 5:55 |
| **Hammock** **(All Levels)** Mikayla 6:00 - 6:55 | **Pole** **(Beg/Inter)** Teghann 6:00 - 6:55 | 6:00 - 6:55 |
| **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 |
| **Aerial Hoop** **(All Levels)** Teghann 8:00 - 8:55 | 8:00 - 8:55 | 8:00 - 8:55 |
| **Studio Closed @ 9:00pm** | | |

## Thursday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 9:45am** | | |
| **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 |
| **Studio Closed @ 12:00pm** | | |
| **Studio Opens @ 6:45pm** | | |
| **Silks** **(Inter/Adv. Pre-Req)** Paula 7:00 - 7:55 | 7:00 - 7:55 | **Flexibility** Marissa 7:00 - 7:55 |
| **Silks** **(All Levels)** Paula 8:00 - 8:55 | 8:00 - 8:55 | 8:00 - 8:55 |
| **Studio Closed @ 9:00pm** | | |

## Friday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 9:45am** | | |
| **Silks** **(Beginner)** Mikayla 10:00 - 10:55 | 10:00 - 10:55 | 10:00 - 10:55 |
| **Silks** **(All Levels)** Mikayla 11:00 - 11:55 | **Spin Pole Combos** **(Pre-Requisites)** Teghann 11:00 - 11:55 | 11:00 - 11:55 |
| 12:00 - 12:55 | **Pole** **(All Levels)** Teghann 12:00 - 12:55 | 12:00 - 12:55 |
| **Studio Closed @ 1:00pm** | | |
| **Studio Opens @ 4:45pm** | | |
| **Aerial Hoop** **(All Levels)** Teghann 5:00 - 5:55 | 5:00 - 5:55 | 5:00 - 5:55 |
| **Hoop Choreo** **(Pre-Requisites)** Teghann 6:00 - 6:55 | 6:00 - 6:55 | 6:00 - 6:55 |
| **Silks** **(All Levels)** Mikayla 7:00 - 7:55 | **Pole** **(Beginner)** Teghann 7:00 - 7:55 | 7:00 - 7:55 |
| **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** | | |

## Saturday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 9:45am** | | |
| **Aerial Yoga** **(Restorative)** Teghann 10:00 - 10:55 | 10:00 - 10:55 | 10:00 - 10:55 |
| 11:00 - 11:55 | 11:00 - 11:55 | **Flexibility** Teghann 11:00 - 11:55 |
| 12:00 - 12:55 | **Pole** **(All Levels)** Teghann 12:00 - 12:55 | 12:00 - 12:55 |
| 1:00 - 1:55 | **Pole** **(Beg/Inter)** Teghann 1:00 - 1:55 | 1:00 - 1:55 |
| **Aerial Hoop** **(All Levels)** Teghann 2:00 - 2:55 | 2:00 - 2:55 | 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 |
| **Studio Closed @ 5:00pm** | | |

## Sunday

| Studio 1 | Studio 2 | Studio 3 |
|---|---|---|
| **Studio Opens @ 8:45am** | | |
| 9:00 - 9:55 | 9:00 - 9:55 | **Flexibility** Victoria 9:00 - 9:55 |
| **Silks** **(All Levels)** Victoria 10:00 - 10:55 | 10:00 - 10:55 | 10:00 - 10:55 |
| **Silks** **(Beginner)** Victoria 11:00 - 11:55 | 11:00 - 11:55 | 11:00 - 11:55 |
| **Hammock** **(All Levels)** Victoria 12:00 - 12:55 | 12:00 - 12:55 | 12:00 - 12:55 |
| **Straps + Conditioning** **(Pre-Requisites)** Victoria 1:00 - 1:55 | 1:00 - 1:55 | 1:00 - 1:55 |
| **Aerial** **Open Gym** Victoria 2:00 - 4:00 | **Pole** **Open Gym** Victoria 2:00 - 4:00 | **Non Aerial** **Open Gym** Victoria 2:00 - 4:00 |
| **Studio Closed @ 4:00pm** | | |

## AcroFit Class Legend

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

**Adult All Levels 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

## Important Class Info!

All classes are 18+ with prior online registration required
Please see pre-requisites over on our website!