

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 @ 9:45am										
Studio Opens @ 9:45am						Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 10:45am			Studio Opens @ 9:45am					Flexibility								
Hammock (All Levels) Mikayla 10:00 - 10:55		10:00 - 10:55				Aerial Silks (All Levels) Mikayla 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 (Beginner) Mikayla 10:00 - 10:55		10:00 - 10:55	Aerial Yoga (Restorative) Teghann 10:00 - 10:55		10:00 - 10:55	Silks (All Levels) Victoria 10:00 - 10:55		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		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		11:00 - 11:55	Flexibility Teghann 11:00 - 11:55	Silks (Beginner) Victoria 11:00 - 11:55		11:00 - 11:55							
Aerial Yoga (Flow) Teghann 12:15 - 1:10									Studio Closed @ 12:00pm			12:00 - 12:55	Pole (All Levels) Teghann 12:00 - 12:55		12:00 - 12:55	Pole (All Levels) Teghann 12:00 - 12:55		12:00 - 12:55	Hammock (All Levels) Victoria 12:00 - 12:55		12:00 - 12:55							
Studio Closed @ 1:00pm												Studio Closed @ 1:00pm									Straps + Conditioning (Pre-Requisites) Victoria 1:00 - 1:55							
															1:00 - 1:55	Aerial Hoop (All Levels) Teghann 2:00 - 2:55		2:00 - 2:55	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							
																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			Studio Closed @ 5:00pm										
Studio Opens @ 5:45pm						Studio Opens @ 4:45pm			Studio Opens @ 5:45pm			Studio Opens @ 4:45pm																
Silks (All Levels) Mikayla 6:00 - 6:55	Pole (Beginner) Teghann 6:00 - 6:55		5:00 - 5:55	Pole (Beginner) Teghann 5:00 - 5:55		5:00 - 5:55	Pole (All Levels) Teghann 5:00 - 5:55		Hammock (All Levels) Mikayla 6:00 - 6:55	Pole (Beg/Inter) Teghann 6:00 - 6:55		6:00 - 6:55	Aerial Hoop (All Levels) Teghann 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							
Hammock Choreo (Pre-Requisites) Mikayla 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55		Silks (Beginner) Paula 6:00 - 6:55	Flexibility Teghann 6:00 - 6:55		Hammock (All Levels) Mikayla 6:00 - 6:55	Pole (Beg/Inter) Teghann 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	Hoop Choreo (Pre-Requisites) Teghann 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	Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In			Adult Open Gym Adults (18+) Weekly Drop - In Individual Training						
Silks (Beginner) Mikayla 8:00 - 8:55	Spin Pole Combos (Pre-Requisites) Teghann 8:00 - 8:55		Hammock Choreo (Inter/Adv. Pre-Req) Paula 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55		Aerial Hoop (All Levels) Teghann 8:00 - 8:55			Studio Closed @ 8:00pm			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 @ 9:00pm			Studio Closed @ 9:30pm			Studio Closed @ 9:00pm																

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!	
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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

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