

ACROFIT September 2025 - June 2026 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 @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 8:45am		
Hammock (Beg/Inter) Mikayla 10:00 - 10:55			Aerial Silk (Beg/Inter) Anastasia 10:00 - 10:55	Pole (Beginner) Caylea 10:00 - 10:55		Aerial Silks (All Levels) Mikayla 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			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 (Beg/Inter) Anastasia 11:00 - 11:55	Pole (Beg/Inter) Caylea 11:00 - 11:55		Hammock (Beg/Inter) Mikayla 11:00 - 11:55						Silks (All Levels) Mikayla 11:00 - 11:55	Pole (All Levels) Teghann 11:00 - 11:55			Flexibility Teghann 11:00 - 11:55		Silks (Beginner) Victoria 11:00 - 11:55		
Aerial Yoga (Flow) Teghann 12:15 - 1:10			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Aerial Pilates Teghann 12:00 - 12:55						Hammock (Beg/Inter) Victoria 12:00 - 12:55		
Studio Closed @ 1:00pm												Studio Closed @ 1:00pm								
Studio Opens @ 5:45pm			Studio Opens @ 5:15pm			Studio Opens @ 4:45pm			Studio Opens @ 5:45pm			Studio Opens @ 4:45pm			Studio Closed @ 5:00pm			Studio Closed @ 4:00pm		
	Pole (Beginner) Teghann 6:00 - 6:55		Hammock Choreo (Inter/Adv. Pre-Req) Paula 6:30 - 7:25		Flexibility Teghann 6:30 - 7:25	Hammock (Beg/Inter) Mikayla 6:00 - 6:55	Pole (Inter/Adv. Pre-Req) Teghann 6:00 - 6:55	Stretch & Strength Marissa 5:30 - 6:25		Pole (Beginner) Melissa 6:00 - 6:55		Silks (Inter/Adv. Pre-Req) Paula 7:00 - 7:55	Pole (All Levels) Melissa 7:00 - 7:55	Acro (Beg/Inter) Marissa 7:00 - 7:55	Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55		
Hammock Choreo (Pre-Requisites) Mikayla 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55	Flexibility Marissa 7:30 - 8:25	Silks (Beginner) Paula 7:30 - 8:25	Pole (All Levels) Teghann 7:30 - 8:25		Silks (All Levels) Mikayla 7:00 - 7:55	Pole Choreo (All Levels) Teghann 7:00 - 7:55					Silks (All Levels) Paula 8:00 - 8:55	Pole (Inter/Adv. Pre-Req) Melissa 8:00 - 8:55		Silks (All Levels) Mikayla 8:00 - 8:55	Pole (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55				
Silks (Beg/Inter) Mikayla 8:00 - 8:55	Spin Pole Combos (Pre-Requisites) Teghann 8:00 - 8:55		Silks (Inter/Adv. Pre-Req) Paula 8:30 - 9:25	Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:30 - 9:25		Aerial Hoop (Beg/Inter) Teghann 8:00 - 8:55			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm		
Studio Closed @ 9:00pm			Studio Closed @ 9:30pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm		

AcroFit Class Legend

IMPORTANT INFO - Adult Classes	
Prior online registration is required through the AcroFit website Please see pre-requisites over on our website!	
Adult Beginner Friendly Classes Adults (18+) - No Prior Experience Needed Drop - In Class	Adult All Levels Classes Adults (18+) - Prior Experience Recommended Drop - In Class
Adult Inter/Adv Classes Adults (18+) - Prerequisites Required Drop - In Class	Adult Open Gym Adults (18+) - Prior Apparatus Training Required Drop - In Individual Training