ACROFIT FIRST TIMER CLASSES - Sept 2025 - June 2026 Schedule

Monday

Aerial Fitness	Pole Fitness	Acrobatics
Morning Classes		
Hammock (Beg/Inter) Mikayla 10:00 - 10:55		
Silks (All Levels) Mikayla 11:00 - 11:55	**Pole** (All Levels) Teghann 11:00 - 11:55	
Aerial Yoga (Flow) Teghann 12:15 - 1:10		
Evening Classes		
	Pole (Beginner) Teghann 6:00 - 6:55	
	Pole (All Levels) Teghann 7:00 - 7:55	**Flexibility** Marissa 7:30 - 8:25
Silks (Beg/Inter) Mikayla 8:00 - 8:55		

Tuesday

Aerial Fitness	Pole Fitness	Acrobatics
Morning Classes		
Silks (Beg/Inter) Anastasia 10:00 - 10:55	**Pole** (Beginner) Caylea 10:00 - 10:55	
Hammock (Beg/Inter) Anastasia 11:00 - 11:55	**Pole** (Beg/Inter) **Caylea** 11:00 - 11:55	
Evening Classes		
	Pole (Beginner) Teghann 5:30 - 6:25	
		Flexibility Teghann 6:30 - 7:25
Silks (Beginner) Paula 7:30 - 8:25	**Pole** (All Levels) Teghann 7:30 - 8:25	

Wednesday

Aerial Fitness	Pole Fitness	Acrobatics
Morning Classes		
Silks (All levels) Mikayla 10:00 - 10:55		
Hammock (Beg/Inter) Mikayla 11:00 - 11:55		
Evening Classes		
	Pole (All Levels) Teghann 5:00 - 5:55	**Stretch & Strength** Marissa 5:30 - 6:25
Hammock (Beg/Inter) Mikayla 6:00 - 6:55		
Silks (All levels) Mikayla 7:00 - 7:55		
Aerial Hoop (Beg/Inter) Teghann 8:00 - 8:55		

Thursday

Aerial Fitness	Pole Fitness	Acrobatics
Evening Classes		
	Pole (Beginner) Melissa 6:00 - 6:55	
	Pole (All Levels) Melissa 7:00 - 7:55	**Acro** (Beg/Inter) Marissa 7:00 - 7:55
Silks (All levels) Paula 8:00 - 8:55		

Friday

Aerial Fitness	Pole Fitness	Acrobatics
Morning Classes		
Silks (Beginner) Mikayla 10:00 - 10:55		
Silks (All Levels) Mikayla 11:00 - 11:55	**Pole** (All Levels) Teghann 11:00 - 11:55	
Aerial Pilates Teghann 12:00 - 12:55		
Evening Classes		
Aerial Hoop (All Levels) Teghann 5:00 - 5:55		
Silks (All levels) Mikayla 7:00 - 7:55		
	Pole (Beg/Inter) Teghann 8:00 - 8:55	

Saturday

Aerial Fitness	Pole Fitness	Acrobatics
Weekend Classes		
Aerial Yoga (Restorative) Teghann 10:00 - 10:55		
		Flexibility Teghann 11:00 - 11:55
	Pole (All Levels) Teghann 12:00 -12:55	
	Pole (Beg/Inter) Teghann 1:00 - 1:55	
Aerial Hoop (All Levels) Teghann 2:00 - 2:55		

Sunday

Aerial Fitness	Pole Fitness	Acrobatics
Weekend Classes		
		Flexibility Victoria 9:00 - 9:55
Silks (All Levels) Victoria 10:00 - 10:55		
Silks (Beginner) Victoria 11:00 - 11:55		
Hammock (Beg/Inter) Victoria 12:00 - 12:55		

Recommeneded For First Time Clients

Aerial Fitness

Pole Fitness | **Acrobatics**

Class Alternatives

All Levels Classes

Beginners are welcome to this class, however it is strongly encouraged that this not be your first class ever. Due to the range of levels expected in this class, clients may not receive the same degree of personalized attention as a beginner specific class. However, if All Levels is the only class that fits within your schedule, first timers may attend this class. **AcroFit is a very inclusive studio, but we want brand new clients to understand the limitations within an All Levels class.**