

ACROFIT Schedule (JULY & AUGUST 2026)

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

AcroFit Class Legend

Adult Classes - Beginner Friendly Adults (18+) Weekly Drop - In	Adult Classes - Some Experience Required Adults (18+) Weekly Drop - In
Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In	Adult Open Gym Adults (18+) Weekly Drop - In Individual Training