

# ACROFIT Schedule (September 2026 - June 2027)

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 @ 8:45am								
Hammock Choreo (Pre-Requisites) Mikayla 10:00 - 10:55			Pole (Beg/Inter) 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			Flex Open Gym Mikayla 10:00 - 12:00			Silks (Beg/Inter) 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 (All Levels) Mikayla 11:00 - 11:55			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Aerial Pilates Teghann 11:00 - 11:55			Pole (All Levels) 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			Studio Closed @ 12:00pm			Aerial Pilates Teghann 12:00 - 12:55			Flexibility Teghann 12:00 - 12:55			Hammock (All Levels) Victoria 12:00 - 12:55								
Aerial Fit & Flex Anastasia 1:15 - 2:10			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 1:00pm			Pole (All Levels) Teghann 1:00 - 1:55			Straps & Conditioning (Pre-Requisites) Victoria 1:00 - 1:55								
Aerial Open Gym Anastasia 2:15 - 3:15			Pole Open Gym Anastasia 2:15 - 3:15			Flex Open Gym Anastasia 2:15 - 3:15			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Studio Closed @ 12:00pm			Aerial Hoop (All Levels) Teghann 2:00 - 2:55			Aerial Open Gym Victoria 2:00 - 4:00			Pole Open Gym Victoria 2:00 - 4:00			Flex Open Gym Victoria 2:00 - 4:00		
Studio Closed @ 3:15pm																					Studio Closed @ 4:00pm								
Studio Opens @ 4:45pm																													
Pole (Beginner) Teghann 5:00 - 5:55			Pole (Beginner) Teghann 5:00 - 5:55			Pole (All Levels) Teghann 5:00 - 5:55			Stretch & Strength Marissa 5:00 - 5:55			Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55			Silks (All Levels) Mikayla 7:00 - 7:55			Pole (Beg/Inter) Teghann 7:00 - 7:55			Silks (All Levels) Victoria 2:00 - 4:00					
Pole (All Levels) Teghann 6:00 - 6:55			Hammock Choreo (Inter/Adv. Pre-Req) Paula/Jenessa 6:00 - 6:55			Flexibility Teghann 6:00 - 6:55			Hammock (Inter/Adv. Pre-Req) Mikayla 6:00 - 6:55			Pole (Beg. Pre-Req) Teghann 6:00 - 6:55			Contortion (Beg. Pre-Req) Marissa 6:00 - 6:55			Studio Opens @ 5:45pm			Aerial Hoop (All Levels) Teghann 5:00 - 5:55			Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55					
Spin Pole Combos (Pre-Requisites) Teghann 7:00 - 7:55			Silks (Inter/Adv. Pre-Req) Paula/Jenessa 7:00 - 7:55			Pole (All Levels) Teghann 7:00 - 7:55			Silks (All Levels) Mikayla 7:00 - 7:55			Pole Choreo (All Levels) Teghann 7:00 - 7:55			Silks (Inter/Adv. Pre-Req) Jenessa 7:00 - 7:55			Pole (All Levels) Melissa 7:00 - 7:55			Acro (Beg/Inter) Marissa 7:00 - 7:55			Silks (All Levels) Mikayla 7:00 - 7:55			Pole (Beg/Inter) Teghann 7:00 - 7:55		
Hammock Choreo (Pre-Requisites) Mikayla 7:30 - 8:25			Silks (Beginner) Paula/Jenessa 8:00 - 8:55			Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55			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			Hammock Choreo (Pre-Requisites) Mikayla 8:00 - 8:55			Spin Pole Combos (Pre-Requisites) Teghann 8:00 - 8:55		
Silks (Beg/Inter) Mikayla 8:30 - 9:30			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			Studio Closed @ 9:00pm			Studio Closed @ 9:00pm		
Studio Closed @ 9:30pm																													

## AcroFit Class Legend

### Adult Classes - Beginner Friendly

Adults (18+)  
Weekly Drop - In

### Adult Classes - 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