

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 @ 8:45am					
																				Flexibility			
																		9:00 - 9:55	9:00 - 9:55	Victoria 9:00 - 9:55			
Studio Opens @ 10:45am						Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am			Studio Opens @ 9:45am					
Silks (All Levels) Mikayla 11:00 - 11:55	Pole (All Levels) Teghann 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	Aerial Silks (All Levels) Victoria 10:00 - 10:55	10:00 - 10:55	10:00 - 10:55			
Aerial Yoga (Flow) Teghann 12:15 - 1:10			Studio Closed @ 11:00pm									Studio Closed @ 12:00pm			Aerial Pilates			Aerial Pilates		Flexibility	Hammock (Beg/Inter) Victoria 11:00 - 11:55		
	12:00 - 12:55	12:00 - 12:55													Teghann 12:00 - 12:55			Teghann 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55	12:00 - 12:55	12:00 - 12:55	12:00 - 12:55
Studio Closed @ 1:15pm									Studio Closed @ 1:00pm						Studio Closed @ 1:00pm			12:00 - 12:55	Pole (All Levels) Teghann 1:00 - 1:55	1:00 - 1:55	Straps (Pre-Requisites) Victoria 1:00 - 1:55	1:00 - 1:55	1:00 - 1:55
																		1:00 - 1:55			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
																		Studio Closed @ 5:00pm					
Studio Opens @ 4:45pm			Studio Opens @ 4:45pm			Studio Opens @ 4:45pm			Studio Opens @ 5:45pm			Studio Opens @ 4:45pm			AcroFit Class Legend								
	Pole (Beginner) Teghann 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	Studio Opens @ 5:45pm			Aerial Hoop (All Levels) Teghann 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55	Adult Classes - Beginner Friendly Adults (18+) Weekly Drop - In			Adult Classes - Some Experience Required Adults (18+) Weekly Drop - In					
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 (Beg/Inter) Mikayla 6:00 - 6:55	Pole (Inter/Adv. Pre-Req) Teghann 6:00 - 6:55		Marissa 6:25	Hammock (Beg/Inter) Anastasia 6:00 - 6:55	Pole (Beginner) Melissa 6:00 - 6:55		6:00 - 6:55	Hoop Choreo (Pre-Requisites) Teghann 6:00 - 6:55		6:00 - 6:55	6:00 - 6:55						
Hammock Choreo (Pre-Requisites) Mikayla 7:00 - 7:55	Spin Pole Combos (Pre-Requisites) Teghann 7:00 - 7:55	7:00 - 7:55	Silks (Inter/Adv. Pre-Req) Paula 7:00 - 7:55	Pole (All Levels) Teghann 7:00 - 7:55	7:00 - 7:55	Silks (All Levels) Mikayla 7:00 - 7:55	Pole Choreo (All Levels) Teghann 7:00 - 7:55	Contortion (Beg. Pre-Req) Marissa 6:30 - 7:25	7:00 - 7:55	Pole (All Levels) Melissa 7:00 - 7:55	Acro (Beg/Inter) Marissa 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	7:00 - 7:55	Adult Pre-Requisite Classes Adults (18+) Weekly Drop - In			Adult Open Gym Adults (18+) Weekly Drop - In Individual Training		
Silks (Beg/Inter) Mikayla 8:00 - 8:55	Pole Choreo (All Levels) Teghann 8:00 - 8:55		Silks (Beginner) Paula 8:00 - 8:55	Pole Choreo (Inter/Adv. Pre-Req) Teghann 8:00 - 8:55		Aerial Hoop (Beg/Inter) Teghann 8:00 - 8:55		8:00 - 8:55	8:00 - 8:55	Pole (Inter/Adv. Pre-Req) Melissa 8:00 - 8:55		8:00 - 8:55		Hammock Choreo (Pre-Requisites) Mikayla 8:00 - 8:55	Spin Pole Combos (Pre-Requisites) 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								