

## AcroFit Aerial Fitness - September 2020 Covid 19 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 @ 3:15pm						Studio Opens @ 3:15pm						Studio Opens @ 4:00pm						Studio Opens @ 11:00am					
Silks (Beg/Inter) Erin 3:45 - 4:40						Hoop (Beg/Inter) Daina 3:45 - 4:40			Silks (Beg/Inter) Erin 4:15 - 5:10			Contortion Inter/Adv Marissa 4:30 - 6:25			Pole Raelyne 11:00 - 11:55			Studio Opens @ 11:45am					
Silks Jen 5:00 - 5:55			Pole (Intro/Beg) Teghann 5:00 - 5:55			Circus Cond. Matt 5:00 - 5:55			Flexibility Daina 5:00 - 5:55			Pole Teghann 5:00 - 5:55			Handstands Matt 5:00 - 5:55			Pole Marianne 12:00 - 12:55			Low Flow Pole Marianne 1:15 - 2:10		
Silks Jen 6:15 - 7:10			Pole Teghann 6:15 - 7:10			Handstands Matt 6:15 - 7:10			Hoop Daina 6:15 - 7:10			Pole (Intro/Beg) Teghann 6:15 - 7:10			Circus Cond. Matt 6:15 - 7:10			Studio Closes @ 1:30pm			Hoop Marianne 2:30 - 3:25		
Pole Choreo Teghann 7:30 - 8:25						Trending Tricks (Inter/Adv) Teghann 7:30 - 8:25			Studio Closes @ 8:00pm			Studio Closes @ 8:00pm			Studio Closes @ 4:45pm			Open Gym Marianne 3:45 - 5:45					
Studio Closes @ 8:45pm						Studio Closes @ 8:45pm			Studio Closes @ 8:45pm			Studio Closes @ 8:45pm			Studio Closes @ 8:45pm			Studio Closes @ 8:45pm					

### Class Legend

AcroFit  
Adult (16yrs +)  
Weekly Drop - In Classes

AcroFit Jr. Semester Classes  
Beg/Inter  
September 2020 - June 2021

Auditions are required for Dynamic Classes. Please contact the studio to set up an audition time.

Dynamic  
Beginner Contortion  
September 2020 - June 2021

Dynamic  
Intermediate/Advance  
September 2020 - June 2021