

AcroFit Aerial Fitness January - June 2021 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 @ 4:15pm			Studio Opens @ 3:15pm			Studio Opens @ 4:00pm			Studio Opens @ 4:45pm			Studio Opens @ 9:45am			Studio Opens @ 11:45am				
Silks (Beg/Inter) Erin 3:45 - 4:40			Contortion Inter/Adv Daina 4:30 - 6:25			Hoop (Beg/Inter) Daina 3:45 - 4:40			Silks (Beg/Inter) Erin 4:15 - 5:10			Contortion Inter/Adv Marissa 4:30 - 6:25			Kids Silks Paula 10:00 - 10:55			Flexibility Teghann 10:00 - 10:55				
						Handstands Daina 5:00 - 5:55	Pole Teghann 5:00 - 5:55				Silks Jen 5:30 - 6:25				Pole Raelene 5:30 - 6:25			Silks Paula 11:15 - 12:10	Pole Teghann 11:15 - 12:10			11:15 - 12:10
	Pole (Intro/Beg) Teghann 5:00 - 5:55		Silks Jen 5:30 - 6:25	Pole Raelene 5:30 - 6:25		Hoop Daina 6:15 - 7:10	Pole (Intro/Beg) Teghann 6:15 - 7:10		Silks Jen 6:45 - 7:40	Pole (Intro/Beg) Raelene 6:45 - 7:40	Flexibility Marissa 6:45 - 7:40	Aerial Hoop Teghann 5:00 - 5:55					Open Gym Teghann 1:45 - 3:45			Pole (Intro/Beg) Marianne 1:15 - 2:10		
			Studio Closes @ 8:00pm			Studio Closes @ 8:45pm			Studio Closes @ 8:00pm			Studio Closes @ 4:45pm			Studio Closes @ 3:45pm			Studio Closes @ 5:45pm				
			Studio Closes @ 8:45pm			Studio Closes @ 8:45pm			Studio Closes @ 8:00pm			Studio Closes @ 8:45pm			Studio Closes @ 3:45pm			Studio Closes @ 5:45pm				
Studio Closes @ 8:45pm			Studio Closes @ 8:00pm			Studio Closes @ 8:45pm			Studio Closes @ 8:00pm			Studio Closes @ 8:45pm			Studio Closes @ 3:45pm			Studio Closes @ 5:45pm				

Class Legend

AcroFit
 Adult (18yrs +)
 Weekly Drop - In Classes

AcroFit Jr. Semester Classes
 Beginner
 September 2020 - June 2021

Kids Classes
 All Levels
 Weekly Drop - In Classes

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