AcroFit Aerial Fitness July 2021 - June 2022 Schedule

Monday

Studio 1	Studio 2	Studio 3
Studio Opens @ 4:45pm		
	Pole (Intro/Beg) Teghann 5:00 - 5:55	
5:00 - 5:55		5:00 - 5:55
Silks Paula 6:15 - 7:10	**Pole** Teghann 6:15 - 7:10	**Handstands** Daina 6:15 - 7:10
Silks Paula 7:30 - 8:25	**Pole Choreo** Teghann 7:30 - 8:25	**Acro (Intro/Beg)** Daina 7:30 - 8:25
Studio Closes @ 8:45pm		

Tuesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 4:45pm		
Silks Jen 5:00 - 5:55		
	Pole Raelene 5:30 - 6:25	
Silks (Intro/Beg) Jen 6:15 - 7:10		
	Low Pole Flow Raelene 6:45 - 7:40	
Hoop Choreo Teghann 7:30 - 8:25		**Flexibility** Marissa 7:30 - 8:25
	Pole (Intro/Beg) 8:00 - 8:55	
Studio Closes @ 9:15pm		

Wednesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 4:45pm		
5:00 - 5:55	**Pole** Teghann 5:00 - 5:55	
6:15 - 7:10	**Pole (Intro/Beg)** Teghann 6:15 - 7:10	
7:30 - 8:25	**Pole Choreo** Teghann 7:30 - 8:25	
Studio Closes @ 8:45pm		

Thursday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:15pm		
	Pole Raelene 5:30 - 6:25	
Silks (Intro/Beg) Jen 6:15 - 7:10	**Pole (Intro/Beg)** Raelene 6:45 - 7:40	
Silks Jen 7:30 - 8:25	**Lyrical Pole** Raelene 8:00 - 8:55	**Flexibility** Daina 7:30 - 8:25
Studio Closes @ 9:15pm		

Friday

Studio 1	Studio 2	Studio 3
Studio Opens @ 4:45pm		
Aerial Hoop Teghann 5:00 - 5:55	5:00 - 5:55	5:00 - 5:55
6:15 - 7:10	**Pole** Teghann 6:15 - 7:10	6:15 - 7:10
7:30 - 8:25	**Pole (Intro/Beg)** Teghann 7:30 - 8:25	7:30 - 8:25
Studio Closes @ 8:45pm		

Saturday

Studio 1	Studio 2	Studio 3
Studio Opens @ 9:45am		
		Flexibility Teghann 10:00 - 10:55
10:00 - 10:55	10:00 - 10:55	
	Pole Teghann 11:15 - 12:10	
11:15 - 12:10		11:15 - 12:10
	Pole (Intro/Beg) Teghann 12:30 - 1:25	
12:30 - 1:25		12:30 - 1:25
Open Gym Teghann 1:45 - 3:45		
Studio Closes @ 3:45pm		

Sunday

Studio 1	Studio 2	Studio 3
Studio Opens @ 10:30am		
Hoop Marianne 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55
Silks (Intro/Beg) Paula 12:15 - 1:10	**Pole** Marianne 12:15 - 1:10	12:15 - 1:10
Silks Paula 1:30 - 2:25	**Pole (Intro/Beg)** Marianne 1:30 - 2:25	1:30 - 2:25
Silks Choreo Paula 2:45 - 3:40	2:45 - 3:40	2:45 - 3:40
Open Gym Paula 4:00 - 6:00		
Studio Closes @ 6:00pm		

Class Legend

Intro/Beginner Classes
Adult (18yrs +)
Weekly Drop - In Classes

All Levels Classes
Adult (18yrs +)
Weekly Drop - In Classes

Open Gym
Adult (18yrs +)
Weekly Drop - In Classes