AcroFit Aerial Fitness September 2021 - June 2022 Schedule

Monday

Studio 1	Studio 2	Studio 3
Studio Opens @ 10:45am		
Aerial Yoga Teaghann 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55
12:00 - 12:55	**Pole - ga** Teghann 12:00 - 12:55	12:00 - 12:55
Silks (Beg) Erin 3:45 - 4:40	3:45 - 4:40	3:45 - 4:40
Silks (Inter) Erin 5:00 - 5:55	**Pole (Intro/Beg)** Teghann 5:00 - 5:55	**Acro (Intro/Beg)** Daina 5:00 - 5:55
Silks Paula 6:00 - 6:55	**Pole** Teghann 6:00 - 6:55	**Handstands** Daina 6:00 - 6:55
Silks Paula 7:00 - 7:55	**Pole Choreo** Teghann 7:15 - 8:10	7:00 - 7:55
Studio Closes @ 8:15pm		

Tuesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:15pm		
3:30 - 4:24	3:30 - 4:24	**Acro Tech (Beg)** Marissa 3:30 - 4:25
4:30 - 5:25	4:30 - 5:25	**Contortion (Inter/Adv)** ***Flexibility Based Skills Only*** Marissa 4:45 - 7:10
Silks Jen 5:30 - 6:25	**Pole** Raelene 5:30 - 6:25	
Silks (Intro/Beg) Jen 6:30 - 7:25	**Low Pole Flow** Raelene 6:30 - 7:25	
Hoop Choreo (pre-requisites) Teghann 7:30 - 8:25	**Pole (Intro/Beg)** Raelene 7:30 - 8:25	**Flexibility** Marissa 7:30 - 8:25
Studio Closes @ 8:30pm		

Wednesday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:30pm		
Hoop (Beg/Inter) Daina 3:45 - 4:40	3:45 - 4:40	3:45 - 4:40
5:00 - 5:55	**Pole** Teghann 5:00 - 5:55	**Contortion (Beg)** Daina 4:45 - 6:10
6:00 - 6:55	**Pole (Intro/Beg)** Teghann 6:00 - 6:55	**Contortion (Inter/Adv)** ***Balance Based Skills Only*** Daina 6:30 - 7:55
7:15 - 8:10	**Pole Choreo** Teghann 7:15 - 8:10	
Studio Closes @ 8:15pm		

Thursday

Studio 1	Studio 2	Studio 3
Studio Opens @ 3:15pm		
Silks (Beg) Erin 3:45 - 4:40	3:30 - 4:25	**Acro Tech (Inter)** Daina 3:30 - 4:25
Silks (Inter) Erin 5:00 - 5:55	4:30 - 5:25	**Contortion (Inter/Adv)** ***Flexibility Based Skills Only*** Daina 4:45 - 7:10
Silks (Intro/Beg) Jen 6:30 - 7:25	**Pole** Raelene 5:30 - 6:25 **Pole (Intro/Beg)** Raelene 6:30 - 7:25	
Silks Jen 7:30 - 8:25	**Lyrical Pole** Raelene 7:30 - 8:25	**Flexibility** Daina 7:30 - 8:25
Studio Closes @ 8:30pm		

Friday

Studio 1	Studio 2	Studio 3
Studio Opens @ 10:45am		
Aerial Yoga Teaghann 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55
12:00 - 12:55	**Pole - ga** Teghann 12:00 - 12:55	12:00 - 12:55
Aerial Hoop Teghann 4:45 - 5:40	4:45 - 5:40	4:45 - 5:40
5:45 - 6:40	**Pole** Teghann 5:45 - 6:40	5:45 - 6:40
6:45 - 7:40	**Pole (Intro/Beg)** Teghann 6:45 - 7:40	6:45 - 7:40
8:00 - 8:55	**Pole Choreo (Advanced)** Teghann 8:00 - 8:55	8:00 - 8:55
Studio Closes @ 9:00pm		

Saturday

Studio 1	Studio 2	Studio 3
Studio Opens @ 8:45am		
Aerial Yoga Teghann 9:00 - 9:55	9:00 - 9:55	9:00 - 9:55
10:00 - 10:55	10:00 - 10:55	**Flexibility** Teghann 10:00 - 10:55
11:00 - 11:55	**Pole** Teghann 11:00 - 11:55	11:00 - 11:55
12:00 - 12:55	**Pole (Intro/Beg)** Teghann 12:00 - 12:55	12:00 - 12:55
Open Gym Teghann 1:00 - 3:00		
Studio Closes @ 3:00pm		

Sunday

Studio 1	Studio 2	Studio 3
Studio Opens @ 10:45am		
Hoop Marianne 11:00 - 11:55	11:00 - 11:55	11:00 - 11:55
Silks (Intro/Beg) Paula 12:00 - 12:55	**Pole** Marianne 12:00 - 12:55	12:00 - 12:55
Silks Paula 1:00 - 1:55	**Pole (Intro/Beg)** Marianne 1:00 - 1:55	1:00 - 1:55
Aerial Hammock Paula 2:00 - 2:55	2:00 - 2:55	2:00 - 2:55
Open Gym Paula 3:00 - 5:00		
Studio Closes @ 5:00pm		

Class Legend

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

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

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

AcroFit Open Gym
Adults (18yrs +)
Weekly Drop - In Individual Training

Dynamic Beginner Classes
Ages 7 - 12
September 2021 - June 2022

Dynamic Inter/Adv Classes
Ages 13 - 18
September 2021 - June 2022

IMPORTANT
Auditions are required for all new students wanting to join the Inter/Adv Contortion Classes.
Please contact the studio to set up an audition time.