

AERIAL

INTRODUCTORY & ALL LEVELS

AERIAL CONDITIONING 1

A

JEREMY SHEETS

Mondays | 6 PM - 7:30 PM

ELENA PANOVA

Tuesdays | 11:30 AM - 1 PM

Sundays | 11:30 AM - 1 PM

ASHE GIOVANNI

Tuesdays | 8 PM - 9:30 PM

Wednesdays | 7:30 PM - 9 PM

Saturdays | 11:30 AM - 1 PM

MIRIAM TELLES

Fridays | 10 AM - 11:30 AM

AERIAL CONDITIONING 2

A

ELENA PANOVA

Thursdays | 6 PM - 7:30 PM

CORE STRENGTH
FOR EVERY-BODY

A

ELENA PANOVA

Wednesdays 10:30 AM - 11:30 AM

Fridays | 9 AM - 10 AM

INTRO TO MIXED AERIALS

A

ELENA PANOVA

Mondays | 7:30 PM - 9 PM

Wednesdays | 11:30 AM - 1 PM

Sundays | 10 AM - 11:30 AM

ASHE GIOVANNI

Tuesdays | 6:30 PM - 8 PM

Wednesdays | 6 PM - 7:30 PM

Saturdays | 10 AM - 11:30 AM

MIRIAM TELLES

Thursdays | 7:30 PM - 9 PM

SLING CONDITIONING

A

ASHE GIOVANNI

Saturdays | 1:15 PM - 2:15 PM

UPPER LEVEL

HOOP 1

B

KRISTINE CANNON

Thursdays | 7:30 PM - 9 PM

ELENA PANOVA

Fridays | 6 PM - 7:30 PM

HOOP 2

B

ELENA PANOVA

Tuesdays | 6 PM - 7:30 PM

Wednesdays | 6 PM - 7:30 PM

Thursdays | 11:30 AM - 1 PM

SLING 1

B

ASHE GIOVANNI

Thursdays | 6:15 PM - 7:45 PM

ROPE 1

B

JEREMY SHEETS

Wednesdays | 6 PM - 7:30 PM

ROPE 2

B

JEREMY SHEETS

Wednesdays | 7:30 PM - 9 PM

TISSU 1

B

AMY OLSON

Mondays | 6:30 PM - 8 PM

TISSU 2

B

AMY OLSON

Tuesdays | 6:30 PM - 8 PM

Tuesdays | 8 PM - 9:30 PM

SWINGING TRAPEZE

C

ELENA PANOVA

Fridays | 10 AM - 11:30 AM

STRAPS CONDITIONING

B

JENNINGS MCCOWN

Mondays | 7:30 PM - 9 PM

Thursdays | 7:45 PM - 9:15 PM

STATIC TRAPEZE 1

B

ELENA PANOVA

Mondays | 10 AM - 11:30 AM

Thursdays | 7:30 PM - 9 PM

STATIC TRAPEZE 2

B

ELENA PANOVA

Tuesdays | 10 AM - 11:30 AM

Wednesdays | 7:30 PM - 9 PM

STATIC TRAPEZE 3

B

ELENA PANOVA

Mondays | 6 PM - 7:30 PM

Tuesdays | 7:30 PM - 9 PM

FLYING
TRAPEZEINTRO &
ALL LEVELSALL LEVELS
FLYING TRAPEZE

C

Mondays | 6:30 PM - 8 PM

Tuesdays | 7:45 PM - 9:15 PM

Wednesdays | 6:30 PM - 8 PM

Saturdays | 10 AM - 11:30 AM

Saturdays | 11:30 AM - 1 PM

Sundays | 10 AM - 11:30 AM

Sundays | 11:30 AM - 1 PM

UPPER LEVEL

FLYING TRAPEZE 1

C

Thursdays | 7:45 PM - 9:15 PM

FLYING TRAPEZE 2

C

Mondays | 8 PM - 9:15 PM

Tuesdays | 6:30 PM - 7:45 PM

Thursdays | 6:30 PM - 7:45 PM

Saturdays | 1 PM - 2:15 PM

SINGLE-POINT TRAPEZE

B

ELENA PANOVA

Mondays | 11:30 AM - 1 PM

Thursdays | 10 AM - 11:30 AM

ACROBATICS

INTRODUCTORY & ALL LEVELS

INTRO TO ACROBATICS

A

XIAOHONG WENG

Mondays | 7:30 PM - 9 PM
 Wednesdays | 7:30 PM - 9 PM
 Saturdays | 1:30 PM - 3 PM

JEREMY VIK

Sundays | 10:30 AM - 12 PM

ACRO CONDITIONING
FOR EVERY-BODY

A

JIGGIDY JIVES

Wednesdays | 6:30 PM - 7:30 PM

BENDING BACKWARDS

A

JIM DONAK

Wednesdays | 7:30 PM - 9 PM

INTRO TO HUMAN CARTOON

A

STEVE SMITH

Tuesdays | 6:30 PM - 7:45 PM

YOGA FOR ALIGNMENT

A

TIM RUBEL

Mondays | 6:30 PM - 8 PM

CYR WHEEL

B

JACOB HASLEM

Sundays | 2 PM - 3:30 PM
 Sundays | 3:30 PM - 5 PM

UPPER LEVEL

ACROBATICS 1

B

XIAOHONG WENG

Mondays | 12:30 PM - 2 PM
 Mondays | 6 PM - 7:30 PM
 Wednesdays | 6 PM - 7:30 PM
 Fridays | 12:30 PM - 2 PM
 Saturdays | 3 PM - 4:30 PM

CHINESE POLE

A

JIGGIDY JIVES

Tuesdays | 6:15 PM - 7:45 PM

INTRO TO HANDSTAND

A

JEREMY VIK

Mondays | 6:30 PM - 8 PM
 Tuesdays | 8 PM - 9:30 PM
 Thursdays | 6:30 PM - 8 PM
 Sundays | 12 PM - 1:30 PM

JIM DONAK

Wednesdays | 11:30 AM - 1 PM

JIGGIDY JIVES

Saturdays | 1:30 PM - 3 PM

ALL LEVELS TRAMPOLINE

B

JENNINGS MCCOWN

Mondays | 6 PM - 7:30 PM
 Tuesdays | 6:30 PM - 8 PM

JIGGIDY JIVES

Wednesdays | 6 PM - 7:30 PM

PREMIUM TRAMPOLINE

C

JIM DONAK

Tuesdays | 8 PM - 9:30 PM
 Thursdays | 6 PM - 7:30 PM

JIGGIDY JIVES

Wednesdays | 7:30 PM - 9 PM

HANDSTAND 1

B

JEREMY VIK

Mondays | 8 PM - 9:30 PM
 Tuesdays | 6:30 PM - 8 PM

JIM DONAK

Wednesdays | 10 AM - 11:30 AM

PARTNER ACROBATICS

B

XIAOHONG WENG

Fridays | 6:30 PM - 8 PM

FLEXIBILITY & CONTORTION

INTRODUCTORY & ALL LEVELS

FLEXIBILITY FOR
EVERY-BODY

A

JIGGIDY JIVES

Tuesdays | 12 PM - 1:30 PM
 Thursdays | 6 PM - 7:30 PM
 Fridays | 12 PM - 1:30 PM

AMY OLSON

Wednesdays | 6:30 PM - 8 PM

CHRISTINE LEE

Sundays | 1:30 PM - 3 PM

PHYSICAL LIMITATION
ELIMINATION

A

JIM DONAK

Tuesdays | 6 PM - 8 PM
 Thursdays | 7:30 PM - 9:30 PM

UPPER LEVEL

INTRO TO CONTORTION

B

SERCHMAA BYAMBA

Wednesdays | 11:30 AM - 1:30 PM
 Fridays | 6:30 PM - 8:30 PM

CONTORTION 1

B

SERCHMAA BYAMBA

Mondays | 1 PM - 3 PM
 Fridays | 1:30 PM - 3:30 PM

CONTORTION 2

B

SERCHMAA BYAMBA

Wednesdays | 2 PM - 4 PM

STRETCHING

A

ASH REXFORD

Mondays | 11 AM - 12:30 PM
 Mondays | 6:30 PM - 8 PM
 Tuesdays | 6:30 PM - 8 PM
 Wednesdays | 11 AM - 12:30 PM

MICHELLE COOPER

Saturdays | 10 AM - 11:30 AM

CONTORTION
CONDITIONING

A

ASH REXFORD

Thursdays | 6:30 PM - 7:30 PM

MICHELLE COOPER

Saturdays | 11:45 AM - 12:45 PM

ADVANCED STRETCHING

B

ASH REXFORD

Wednesdays | 6 PM - 8 PM
 Saturdays | 1 PM - 3 PM

FREE

JUGGLING CLUB

JADE FORD

Sundays | 5 PM - 8 PM