

CIRCUS CENTER | ACROBATICS | SPRING 2016 | MARCH 28 - JUNE 5

BEGINNING CONTEMPORARY DANCE

TIMOTHY RUBEL
Sundays | 5:15 PM - 6:45 PM

BALLET BASICS

SVETLANA SCHERBA
Mondays | 7 PM - 8:30 PM

INTRO TO TRAMPOLINE

ANDREW NILSEN
Mondays | 8 PM - 9:30 PM

CHINESE POLE

JIGGIDY JIVES
Tuesdays | 7:45 PM - 9:15 PM
Thursdays | 6:15 PM - 7:45 PM

ROSS TRAVIS
Saturdays | 1 PM - 2:30 PM

GENERAL

INTRO TO ACROBATICS

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

FLEXIBILITY FOR EVERY-BODY

LANCE BYOGEN
Tuesdays | 6 PM - 7:30 PM
Saturdays | 10 AM - 11:30 AM

PHYSICAL LIMITATION ELIMINATION

CHARLES STRANGE
Tuesdays | 6 PM - 8 PM

JIM DONAK
Wednesdays | 12 PM - 2 PM
Wednesdays | 7:30 PM - 9:30 PM

PHYSICAL LIMITATION ELIMINATION 2

JIM DONAK
Thursdays | 7:30 PM - 9:30 PM

INTRO TO HANDSTAND

KE MIN XIA
Mondays | 10 AM - 11:30 AM
Tuesdays | 10 AM - 11:30 AM
Wednesdays | 11:30 AM - 1 PM

JEREMY VIK
Mondays | 6 PM - 7:30 PM
JIGGIDY JIVES
Tuesdays | 6 PM - 7:30 PM

ROSS TRAVIS
Saturdays | 11:30 AM - 1 PM

JIM DONAK
Thursdays | 10 AM - 11:30 AM

RELAX & RESET WITH SOMATICS

CAROLINE WRIGHT
Sundays | 3:30 PM - 5 PM

STRETCHING

PHOENIX PAZ
Mondays | 6:30 PM - 8 PM
Wednesdays | 4:30 PM - 6 PM
Sundays | 1 PM - 2:30 PM

CAROLINE WRIGHT
Fridays | 12 PM - 1:30 PM

STRETCHING WITH XIA

KE MIN XIA
Mondays | 12 PM - 1:30 PM
Tuesdays | 12 PM - 1:30 PM
Wednesdays | 10 AM - 11:30 AM

STRETCHING WITH JIM

JIM DONAK
Thursdays | 11:30 AM - 1 PM

ACROBATICS 1

XIAOHONG WENG
Mondays | 6 PM - 7:30 PM
Wednesdays | 1 PM - 2:30 PM
Wednesdays | 6 PM - 7:30 PM
Fridays | 12:30 PM - 2 PM
Saturdays | 3 PM - 4:30 PM

INTRO TO CONTORTION

CATIE BRIER
Tuesdays | 1:30 PM - 3:30 PM
Wednesdays | 6:30 PM - 8:30 PM
Thursdays | 4:30 PM - 6:30 PM

ADVANCED

CONTORTION 1

CATIE BRIER
Mondays | 1:30 PM - 3:30 PM
Wednesdays | 1:30 PM - 3:30 PM
Thursdays | 6:30 PM - 8:30 PM

TRAMPOLINE

JIM DONAK
Tuesdays | 6 PM - 7:30 PM
Wednesdays | 6 PM - 7:30 PM

HERDLYN EVANS
Thursdays | 8 PM - 9:30 PM

HANDSTAND 1

XIAOHONG WENG
Mondays | 12:30 PM - 2 PM
JEREMY VIK
Mondays | 7:30 PM - 9 PM
JIM DONAK
Wednesdays | 10 AM - 11:30 AM

JIGGIDY JIVES
Saturdays | 1 PM - 2:30 PM

CONTORTION 2

CATIE BRIER
Tuesdays | 4 PM - 6 PM

FREE CLASSES

CIRCUS SKILLS JAM AGES 8 & UP

OSCAR VELARDE & BEN BAKER
Fridays | 7 PM - 9 PM

JUGGLING CLUB

JADE FORD
Sundays | 5 PM - 8 PM

CIRCUSCENTER.ORG | 415-759-8123 | INFO@CIRCUSCENTER.ORG

ALL CLASSES AND TIMES MAY BE SUBJECT TO LAST MINUTE CHANGE, CANCELTION OR INSTRUCTOR SUBSTITUTION

GENERAL

AERIAL CONDITIONING 1

CAROLINE WRIGHT
Mondays | 11:30 AM - 1 PM

ELENA PANOVA
Tuesdays | 11:30 AM - 1 PM
Thursdays | 6 PM - 7:30 PM

CELINE MASSON
Wednesdays | 10 AM - 11:30 AM
Saturdays | 11:30 AM - 1 PM

AERIAL CONDITIONING 1

ROBIN BERRY
Tuesdays | 7:30 PM - 9 PM

LAETITIA BODIN
Thursdays | 2:30 PM - 4 PM

AERIAL CONDITIONING 2

ELENA PANOVA
Fridays | 10 AM - 12 PM

CAROLINE WRIGHT
Mondays | 6 PM - 7:30 PM
Sundays | 11:30 AM - 1 PM

INTRO TO MIXED AERIALS 1

CAROLINE WRIGHT
Mondays | 10 AM - 11:30 AM

ELENA PANOVA
Mondays | 7:30 PM - 9 PM
Wednesdays | 11:30 AM - 1 PM

AMY OLSON
Tuesdays | 6 PM - 7:30 PM

LAETITIA BODIN
Wednesdays | 2:30 PM - 4 PM

INTRO TO MIXED AERIALS 1

ROBIN BERRY
Thursdays | 7:30 PM - 9 PM

CELINE MASSON
Saturdays | 1 PM - 2:30 PM

INTRO TO MIXED AERIALS 2

CAROLINE WRIGHT
Sundays | 10 AM - 11:30 AM

DWOIRA SCHEFFER
Wednesdays | 6:30 PM - 8 PM

HANG TOUGH

CHRISTINE LEE
Sundays | 1:15 PM - 2:15 PM

DOUBLE TRAPEZE

CELINE MASSON
Thursdays | 6 PM - 7:30 PM

SUPERVISED AERIAL OPEN GYM

CELINE MASSON
Sundays | 3 PM - 6 PM

ADVANCED

HOOP 1

ELENA PANOVA
Thursdays | 11:30 AM - 1 PM

DWOIRA SCHEFFER
Wednesdays | 8 PM - 9:30 PM

SYLPHIE CURRIN
Thursdays | 6 PM - 7:30 PM

CELINE MASSON
Saturdays | 2:30 PM - 4 PM

CAROLINE WRIGHT
Sundays | 1:30 PM - 3 PM

HOOP 2

CAROLINE WRIGHT
Mondays | 8 PM - 9:30 PM

ELENA PANOVA
Tuesdays | 6 PM - 7:30 PM
Thursdays | 7:30 PM - 9 PM

SYLPHIE CURRIN
Tuesdays | 7:30 PM - 9 PM

HOOP 3

CHLOE AXELROD
Wednesdays | 6 PM - 7:30 PM

SINGLE-POINT TRAPEZE

ELENA PANOVA
Mondays | 11:30 AM - 1 PM
Thursdays | 4:30 PM - 6 PM

ROPE 1

JEREMY SHEETS
Mondays | 6:30 PM - 8 PM
Wednesdays | 7:30 PM - 9 PM

LAETITIA BODIN
Tuesdays | 6:30 PM - 8 PM

STRAPS CONDITIONING

CELINE MASSON
Thursdays | 7:30 PM - 9 PM

STATIC TRAPEZE 1

ELENA PANOVA
Tuesdays | 10 AM - 11:30 AM
Wednesdays | 6 PM - 7:30 PM

STATIC TRAPEZE 2

ELENA PANOVA
Mondays | 10 AM - 11:30 AM
Mondays | 4:30 PM - 6 PM
Wednesdays | 10 AM - 11:30 AM
Fridays | 6 PM - 7:30 PM

STATIC TRAPEZE 3

ELENA PANOVA
Mondays | 6 PM - 7:30 PM
Tuesdays | 7:30 PM - 9 PM
Wednesdays | 7:30 PM - 9 PM

SWINGING TRAPEZE 1

ELENA PANOVA
Fridays | 7:30 PM - 9 PM

TISSU 1

LAETITIA BODIN
Tuesdays | 2:30 PM - 4 PM

AMY OLSON
Tuesdays | 7:30 PM - 9 PM

ROBIN BERRY
Mondays | 6:30 PM - 8 PM
Tuesdays | 6 PM - 7:30 PM
Thursdays | 6 PM - 7:30 PM

TISSU 2

ROBIN BERRY
Mondays | 8 PM - 9:30 PM
Wednesdays | 6:30 PM - 8 PM

PREMIUM PRICING

ALL LEVELS FLYING TRAPEZE

Mondays | 6:30 PM - 8 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

FLYING TRAPEZE 1

Thursdays | 7:45 PM - 9:15 PM

FLYING TRAPEZE 2

Mondays | 8 PM - 9:15 PM
Tuesdays | 6:30 PM - 7:45 PM
Tuesdays | 7:45 PM - 9 PM
Thursdays | 6:30 PM - 7:45 PM
Saturdays | 1 PM - 2:15 PM

PREMIUM TRAMPOLINE

JIM DONAK
Tuesdays | 7:30 PM - 9 PM
Thursdays | 6 PM - 7:30 PM