

# AERIAL

## INTRODUCTORY & ALL LEVELS

### AERIAL CONDITIONING 1

A

ELENA PANOVA

Tuesdays | 11:30 AM - 1 PM

AMY OLSON

Tuesdays | 8 PM - 9:30 PM

ASHE GIOVANNI

Wednesdays | 7:30 PM - 9 PM

Saturdays | 11:30 AM - 1 PM

MIRIAM TELLES

Fridays | 10 AM - 11:30 AM

CELINE MASSON

Sundays | 11:30 AM - 1 PM

### AERIAL CONDITIONING 2

A

CHLOE AXELROD

Mondays | 6 PM - 7:30 PM

ELENA PANOVA

Thursdays | 6 PM - 7:30 PM

### CORE STRENGTH

A

ELENA PANOVA

Fridays | 9 AM - 10 AM

### INTRO TO MIXED AERIALS

A

ELENA PANOVA

Mondays | 7:30 PM - 9 PM

Wednesdays | 11:30 AM - 1 PM

AMY OLSON

Tuesdays | 6:30 PM - 8 PM

ASHE GIOVANNI

Wednesdays | 6 PM - 7:30 PM

Saturdays | 10 AM - 11:30 AM

MIRIAM TELLES

Thursdays | 7:30 PM - 9 PM

CELINE MASSON

Sundays | 10 AM - 11:30 AM

## UPPER LEVEL

### HOOP 1

B

ELENA PANOVA

Thursdays | 7:30 PM - 9 PM

Fridays | 6 PM - 7:30 PM

KERI FORSTER

Saturdays | 2 PM - 3:30 PM

### HOOP 2

B

ELENA PANOVA

Tuesdays | 6 PM - 7:30 PM

Thursdays | 11:30 AM - 1 PM

CHLOE AXELROD

Wednesdays | 6 PM - 7:30 PM

### SLING 1

B

ASHE GIOVANNI

Thursdays | 6:15 PM - 7:45 PM

### ROPE 1

B

JEREMY SHEETS

Mondays | 6 PM - 7:30 PM

Wednesdays | 6 PM - 7:30 PM

### ROPE 2

B

JEREMY SHEETS

Wednesdays | 7:30 PM - 9 PM

### TISSU 1

B

VERONICA BLAIR

Mondays | 6:30 PM - 8 PM

AMY OLSON

Thursdays | 6:30 PM - 8 PM

CELINE MASSON

Saturdays | 10 AM - 11:30 AM

### TISSU 2

B

VERONICA BLAIR

Tuesdays | 6:30 PM - 8 PM

Tuesdays | 8 PM - 9:30 PM

### TISSU 3

B

VERONICA BLAIR

Wednesdays | 6:30 PM - 8 PM

### STRAPS CONDITIONING

B

VERONICA BLAIR

Thursdays | 7:45 PM - 9:15 PM

CELINE MASSON

Mondays | 7:30 PM - 9 PM

Sundays | 1:30 PM - 3 PM

### STATIC TRAPEZE 1

B

ELENA PANOVA

Mondays | 10 AM - 11:30 AM

Wednesdays | 6 PM - 7:30 PM

### STATIC TRAPEZE 2

B

ELENA PANOVA

Tuesdays | 10 AM - 11:30 AM

Wednesdays | 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 TRAPEZE

## INTRO & ALL LEVELS

### ALL 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

## SWINGING TRAPEZE

C

ELENA PANOVA

Fridays | 10 AM - 11:30 AM

# ACROBATICS

## INTRODUCTORY & ALL LEVELS

### INTRO TO ACROBATICS

A

LIN JUNMING

Mondays | 7:30 PM - 9 PM  
Saturdays | 1:30 PM - 3 PM  
Sundays | 10:30 AM - 12 PM

### JIGGIDY JIVES

Wednesdays | 7:30 PM - 9 PM

### BENDING BACKWARDS

A

JIM DONAK

Wednesdays | 7:30 PM - 9 PM

### INTRO TO TUMBLING & MINI-TRAMPOLINE

A

JEREMY VIK

Tuesdays | 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

LIN JUNMING

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

### JIGGIDY JIVES

Wednesdays | 6 PM - 7:30 PM

### CHINESE POLE

A

JIGGIDY JIVES

Thursdays | 6:30 PM - 8 PM

### INTRO TO HANDSTAND

A

JEREMY VIK

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

JIM DONAK

Wednesdays | 11:30 AM - 1 PM

ROSS TRAVIS

Thursdays | 6:30 PM - 8 PM

JIGGIDY JIVES

Saturdays | 1:30 PM - 3 PM

LIN JUNMING

Sundays | 12 PM - 1:30 PM

### ALL LEVELS TRAMPOLINE

B

KRIS CARRISON

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

JIM DONAK

Wednesdays | 6 PM - 7:30 PM

### PREMIUM TRAMPOLINE

C

JIM DONAK

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

### HANDSTAND 1

B

JEREMY VIK

Mondays | 8 PM - 9:30 PM

JIM DONAK

Wednesdays | 10 AM - 11:30 AM

# FLEXIBILITY & CONTORTION

## INTRODUCTORY & ALL LEVELS

### FLEXIBILITY FOR EVERY-BODY

A

KERI FORSTER

Tuesdays | 2 PM - 3:30 PM  
Wednesdays | 6:30 PM - 8 PM  
Fridays | 12 PM - 1:30 PM

VERONICA BLAIR

Thursdays | 6 PM - 7:30 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

CATIE BRIER

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

### CONTORTION 1

B

CATIE BRIER

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

### CONTORTION 2

B

CATIE BRIER

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

# FREE

### JUGGLING CLUB

JADE FORD

Sundays | 5 PM - 8 PM