

6:1 OR HIGHER
STUDENT-TEACHER RATIO
\$18-25/CLASS

4:1 OR 5:1
\$28-45/CLASS

3:1 OR LOWER
\$30-\$49/CLASS

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

BENDING BACKWARDS FOR ACROBATICS

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

Thursdays | 7:30 PM - 9 PM
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

Thursdays | 8 PM - 9:30 PM

INTRO TO HANDSTAND

A

JEREMY VIK

Mondays | 6:30 PM - 8 PM
Tuesdays | 7:30 PM - 9 PM
Sundays | 12 PM - 1:30 PM

JIGGIDY JIVES

Saturdays | 1:30 PM - 3 PM

JIM DONAK

Wednesdays | 11:30 AM - 1 PM

ALL LEVELS TRAMPOLINE

B

KRIS CARRISON

Mondays | 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

JOEL BAKER

Thursdays | 6:30 PM - 8 PM

FLEXIBILITY & CONTORTION

INTRODUCTORY & ALL LEVELS

FLEXIBILITY FOR EVERY-BODY

A

KERI FORSTER

Wednesdays | 6:30 PM - 8 PM

VERONICA BLAIR

Thursdays | 6 PM - 7:30 PM

CHRISTINE LEE

Sundays | 1:30 PM - 3 PM

CONTORTION CONDITIONING

A

ASH REXFORD

Thursdays | 6:30 PM - 7:30 PM

MICHELLE COOPER

Saturdays | 11:45 AM - 12:45 PM

UPPER LEVEL

INTRO TO CONTORTION

B

CATIE BRIER

Tuesdays | 1:30 PM - 3:30 PM
Thursdays | 6:30 PM - 8:30 PM

CONTORTION 1

B

CATIE BRIER

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

STRETCHING

A

ASH REXFORD

Mondays | 11:30 AM - 1 PM
Mondays | 6:30 PM - 8 PM
Tuesdays | 12 PM - 1:30 PM
Tuesdays | 6:30 PM - 8 PM
Fridays | 12 PM - 1:30 PM

MICHELLE COOPER

Saturdays | 10 AM - 11:30 AM

PHYSICAL LIMITATION ELIMINATION

A

JIM DONAK

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

CONTORTION 2

B

CATIE BRIER

Tuesdays | 4 PM - 6 PM

ADVANCED STRETCHING

B

CATIE BRIER

Wednesdays | 6:30 PM - 8:30 PM
Thursdays | 4:30 PM - 6:30 PM

FREE

JUGGLING CLUB

JADE FORD
Sundays | 5 PM - 8 PM

AERIAL INTRODUCTORY & ALL LEVELS

AERIAL CONDITIONING 1

A

ELENA PANOVA

Tuesdays | 11:30 AM - 1 PM

ASHE GIOVANNI

Tuesdays | 7:30 PM - 9 PM
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

CAROLINE WRIGHT

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

ASHE GIOVANNI

Tuesdays | 6 PM - 7:30 PM
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

CAROLINE WRIGHT

Wednesdays | 6 PM - 8 PM

SLING 1

B

ASHE GIOVANNI

Thursdays | 6 PM - 7:30 PM

ROPE 1

B

JEREMY SHEETS

Mondays | 6:30 PM - 8 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

CELINE MASSON

Thursdays | 7:30 PM - 9 PM
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

Mondays | 8 PM - 9:30 PM
Thursdays | 7:45 PM - 9:15 PM

CELINE MASSON

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

Mondays | 4:30 PM - 6 PM
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