

M	T	W	Th	F	Sa	Su
10.45 - 12pm <b>Hammock Playground 101</b> Amanda T	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12pm <b>Aerial Yoga 1</b> Kristina CS	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12am <b>Hammock Playground 1</b> Kristina CS	11 - 12.15pm <b>Aerial Yoga 1</b> Cassandra J	11 - 12pm <b>Aerial Circus 101</b> Liz M
12.15 - 1.30 <b>Aerial Yoga 2/3</b> Brenna B	12.15 - 1.30pm <b>Aerial Yoga Core</b> Monica P	12.15 - 1.15pm <b>Aerial Barre Fitness</b> Helene K	12.15 - 1.15pm <b>Circus Single-Point Hammock</b> Samantha M	12.15 - 1.30pm <b>Aerial Dance 1</b> Kristin C	12.30 - 1.30pm <b>Aerial Circus 101</b> Fran S	12.30 - 1.45pm <b>Hammock Playground 2+</b> Liz M
1.45 - 2.45pm <b>Aerial Circus 101</b> Emily H	1.45 - 2.45pm <b>Circus Lyra</b> Kira F	1.30 - 2.30pm <b>Circus Silks Inter / Adv</b> Megan H	12.15 - 1.15pm <b>Circus Silks</b> Fran S	1.45 - 3.45pm <b>Circus Open Workout</b>		
		1.30 - 2.30pm <b>Circus Single-Point Hammock</b> Brenna B				
2.45 - 4.15pm <b>Circus Open Workout Express</b>		2.45 - 4.15pm <b>Circus Open Workout Express</b>				
4.30 - 5.45pm <b>Aerial Yoga 2</b> Emily H					4.15 - 5.30pm <b>Aerial Yoga 3</b> Amanda McD	4 - 5.15pm <b>Aerial Yoga 1</b> Maisah H
6 - 7.15pm <b>Aerial Dance</b> Samantha M	5.45 - 7pm <b>Hammock Playground 2+</b> Liz M	5.45 - 7pm <b>Aerial Yoga Core</b> Monica P	5.45 - 7pm <b>Aerial Yoga 2</b> Maisah H	5.45 - 7pm <b>Aerial Yoga 2/3</b> Kristin C	6 - 7pm <b>Circus Lyra</b> Kyla R	5.30 - 6.45pm <b>Aerial Yoga 2</b> Vanessa D
					6 - 7pm <b>Circus Single-Point Hammock</b> Laura T	
7.30 - 8.45pm <b>Aerial Yoga 1</b> Kevin B	7.15 - 8.30pm <b>Aerial Dance 2</b> Brenna B	7.15 - 8.30pm <b>Aerial Yoga 3</b> Amanda M	7.15 - 8.30pm <b>Aerial Dance 3</b> Kyla R	7.15 - 8.30pm <b>Aerial Dance</b> Kristin C		7.15 - 9.15pm <b>Circus Open Workout</b>
	8.45 - 9.45pm <b>Circus Lyra</b> Kyla R	8.45 - 9.45pm <b>Aerial Circus 101</b> Emily H				
	8.45 - 9.45pm <b>Circus Silks Inter / Adv</b> Troy L					

All classes are Open Level unless otherwise noted.

= New Class



SEPT 2019 / 2FL



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