



# Fall Session Schedule (9/2 - 10/27)

## *Fly Room*

## *Flow Room*

### Monday

**4:00 - 6:00pm** *Open Gym*

6:00 - 7:00pm Level 1 Silks

**7:00 - 8:00pm** **Acro Yoga 101\***

**8:00 - 9:00pm** **Acro Jam (\$5)\***

**6:00 - 7:00pm** **Intro to Hooping\***

**7:00 - 8:00pm** Silks Performance

**9:00 - 11:00pm** **Free Fire Jam\***

### Tuesday

4:30 - 5:30pm Kids Aerial

**5:30 - 6:30pm** Teen Aerial

**6:30 - 7:30pm** **Flexibility: Legs\***

**7:30 - 8:30pm** **Flex: Back & Shoulders\***

**5:30 - 6:30pm** **Handstands\***

6:45 - 7:45pm Level 2/3 Lyra

**7:45 - 8:45pm** Mixed App. Performance

### Wednesday

**7:30 - 8:30am** **Break the Day Yoga\***

5:30 - 6:30pm Level 2/3 Silks

**6:30 - 7:30pm** **Intro to Gymnastics\***

**7:30 - 9:30pm** *Open Gym*

6:30 - 7:30pm Level 3/4 Silks

**7:45 - 8:45pm** Rope Performance

### Thursday

**5:45 - 6:45pm** **Circus Conditioning\***

**6:45 - 7:45pm** Sling Performance

**4:00 - 5:30pm** *Open Gym*

6:30 - 7:30pm Level 1 Trapeze

**7:45 - 8:45pm** Trapeze Performance

### Saturday

**10:00 - 11:00am** **Circus Conditioning\***

**11:00 - 12:00pm** **Acro Yoga\***

12:30 - 1:30pm Level 1 Sling

**1:30 - 3:30pm** *Open Gym*

**11:30 - 12:30pm** **Intro to Aerial\***

### Sunday

**10:00 - 11:00am** **Yoga\***

**11:00 - 1:00pm** **Ecstatic Dance\***

**2:00 - 3:30pm** *Open Gym*

**4:00 - 5:00pm** Lyra Performance

5:00 - 6:00pm Level 1 Silks

**6:30 - 7:30pm** **Aerial Yoga\***

3:00 - 4:00pm Level 1.5 Silks

4:15 - 5:15pm Level 1.5 Rope

5:30 - 6:30pm Trapeze & Lyra

**Student Showcase Classes**

*\*Ground Classes*