

KINETIX SUMMER SCHEDULE 2017

JUNE 26TH - SEPT. 3RD

SUMMER CAMP

JULY 3RD - SEPT. 1ST (8:30AM -5:30PM)

SIGN UP FOR CLASSES - www.gokinetix.com

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM						Sunrise Aerial Yoga (All Levels) 1hr Ranae	
9AM							Sivinanda Sunday Yoga (All Levels) 90mins Kali Keane
10AM							Mommy/Daddy & Me Yoga 10:30am 1hr Kallie/Karl
11AM							COME & PLAY OR TRAIN TEEN/ADULT OPEN AERIAL 11:45am \$15 DROP IN
12PM		Lunch Time Flow (All Levels) 1 hr Katie		Lunch Time Flow (All Levels) 1hr 12:30pm Beth			
1PM	Aerial Express (Arms,Core,Legs) 45mins Kristal		Aerial Sculpt (Arms,Core,Legs) 1hr Kristal				COME & PLAY KIDS OPEN AERIAL 6-12 Yrs \$15 DROP IN
6PM	Aerial Yoga (All Levels) 1hr Kristal	Aerial Yoga (All Levels) 1hr Ranae	Aerial Dance (All Levels) 1hr Nicole	Aerial Express (Arms,Core,Legs) 45mins Kristal	Happy Hour Movement WEEKLY ROTATION (Aerial Yoga,Mat Yoga,Pilates,Silks) \$15		
7PM	Aerial Silks 102 1.5hrs Kallie/Kristal		Aerial Silks 101 1hr Kallie/Kristal	Aerial Yoga Express (All Levels) 45 mins Kristal			