


# KINETIX WINTER SCHEDULE 2018

Jan 6th- March 31st

SIGN UP FOR CLASSES - [www.gokinetix.com](http://www.gokinetix.com)

Mid Term Camp - Feb 14th - 16th

Spring Break Camp - April 2nd - 6th

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM						Sunrise Aerial Yoga 1hr Kallie	
9AM						Parent & Child Yoga 1hr Kallie	Sunday Yoga (Beginner) 9am 90mins Keane
10AM						Kids Gymnastic Fundamentals 3-6yrs Nicole	Family Yoga 10:45am 1hr Kallie
11AM						Kids Gymnastic w/ Aerial & Yoga Element 11:15am 7-11yrs 1.5hrs Kallie	
12PM		Hatha Yoga/Vin Flow (101/102) 1 hr 12:30pm Katie		Vinyasa Yoga Flow (101/102) 1hr 12:30pm Beth			
1PM	Aerial Express (Arms,Core,Legs) 45mins Kallie		Aerial Sculpt (Arms,Core,Legs) 1hr Kallie			Kids Yoga & Aerial Dance 5-11yrs 1hr Nicole	
2PM						Tween/Teen Yoga w/ Aerial Element 12-17yrs 45mins Kallie	
3PM							
4PM	Kids Yoga & Aerial Dance 6-12yrs 1 hr Kallie	Kids Yoga & Aerial Dance 5-11yrs 1hr Nicole	Kids Aerial Silks 6-12yrs 1hrs Kallie	Kid's Mat Yoga & Gymnastic Element 1hrs 4:30pm Kallie			
5PM	Aerial Yoga (101/102) 5:30pm 1hr Kallie	Aerial Yoga (102) 5:30pm 1hr Kallie	Teen Yoga w/Aerial Element 13-17yrs 1hr 5:30pm Kallie	Aerial Yoga Dance (All Levels) 5:30pm 1hr Kallie			
6PM							
7PM	Aerial Silks 101 (Elevate Studio - Union Street) 1.5hrs Kallie		Aerial Silks 101/102 (Elevate Studio- Union Street) 1.5hr Kallie		Glow In The Dark Kids Aerial 1.5hrs Last Friday of Month		

Unlimited Adult Monthly Membership - \$135  
Unlimited Kids Monthly Membership - \$150

Monthly \$100 - Any 1 class for the month

Pay By Term (3 months) - Per Class