


KINETIX FALL SCHEDULE 2018

SEPTEMBER 10TH - DECEMBER 15TH

SIGN UP FOR CLASSES - www.gokinetix.com

Mid Term Camp - October 22ND - 26TH

Winter Camp - December 19TH - Dec 31ST

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM	Aerial Sculpt Express (Arms,Core,Legs) 8:45am Kallie		Aerial Sculpt (Arms,Core,Legs) 8:45am Kallie			Parent & Child Yoga. (Age 2 +) 1hr Kallie	Sunday Donation Yoga (ALL LEVELS) 9:30am 1hr Various Teachers
10AM	Ma & Baby Yoga (6 weeks Old +) 1hr 10:30am Kallie		Ma & Baby Yoga (6 weeks Old+) 1hr 10:30am Kallie			Kids Gymnastic Fundamentals 1hr 3-6yrs Kallie	Family Yoga 1hr All Family members! 10:45am Kallie
11AM						Kids Gymnastic w/ Aerial & Yoga Element 11:15am 7-11yrs 1.5hrs Kallie	
12PM		Vinyasa Flow (101/102) 1 hr 12:30pm Kara/Keane		Strala Yoga Flow (ALL LEVELS) 1hr 12:30pm Kara			OPEN AERIAL PRACTICE (Elevate Studio - Union Street)
1PM	Aerial Sculpt Express (Arms,Core,Legs) 45mins Kallie					Kids Yoga & Aerial Dance 101 5-11yrs 1hr Nicole	OPEN AERIAL PRACTICE (Elevate Studio - Union Street)
2PM						Tween/Teen Yoga w/ Aerial Element 12-17yrs 45mins Kallie	OPEN AERIAL PRACTICE (Elevate Studio - Union Street)
3PM							
4PM	Kids Yoga & Aerial Dance 101/102 6-12yrs 1 hr 4:30pm Kallie	Kids Yoga 101 (6 week series) 5-11yrs 1hr 4:30pm Keanne	Kids Aerial Yoga & Silks 101/102 6-12yrs 1hrs 4:30pm Kallie	Kid's Combo (Yoga,Gymnastics & Aerial Arts) 1hrs 4:30pm Kallie			Aerial Zen (101) 1hr 4:30pm Kara
5PM			Teen Yoga w/ Aerial Element 13-17yrs 1hr 5:30pm Kallie			Aerial Silks 102 (Elevate Studio- Union Street 5:30pm	
6PM	Aerial Yoga 101 (6 week series) 6:30pm 1hr Kara	Donation Yoga (All Levels) 6:00pm 45 mins Maryem		Aerial Yoga Dance (All Levels) 6:00pm 1hr Kallie			
7PM	Aerial Silks 101 (Elevate Studio - Union Street) 1hrs Kallie		Aerial Silks 101/102 (Elevate Studio- Union Street) 1.5hr Kallie			Glow In The Dark Kids Aerial 1.5hrs Last Friday of Month	Studio Party Slots Friday 6pm- 9pm Saturday 3pm - 9pm Sunday 12pm - 6pm

