

KINETIX WINTER SCHEDULE 2019

JANUARY 7TH - MARCH 30TH

MID TERM CAMP - FEBRUARY 11TH - 15TH

SIGN UP FOR CLASSES - www.gokinetix.com

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	
11AM						Kids Yoga Adventures. 3-6 yrs 11:15am. 45 mins Kallie	Family Yoga 45mins All Family members! 11:15am Kallie
12PM			1 ON 1 SESSION SLOT	1 ON 1 SESSION SLOT		Kids Gymnastic w/ Aerial & Yoga Element 12pm 7-11yrs 1hr Kallie	
1PM			1 ON 1 SESSION SLOT	1 ON 1 SESSION SLOT		Kids Yoga & Aerial Dance 101 5-11yrs 1hr Kallie	OPEN AERIAL PRACTICE (Elevate Studio - Union Street)
2PM						Tween/Teen Yoga w/ Aerial Element 12-17yrs 45mins Kallie	
3PM			Kids Yoga 101 (6 week series) 5-11yrs 45mins 3:45pm	Kids Yoga 101 (6 week series) 5-11yrs 45mins 3:45PM			
4PM	Kids Yoga & Aerial/Silks 101/102 6-12yrs 1 hr 4:30pm Kallie		Kids Aerial Yoga & Silks 101/102 6-12yrs 1hrs 4:30pm Kallie	Kid's Combo (Yoga,Gymnastics & Aerial Arts) 1hrs 4:30pm Kallie			
5PM	Aerial Yoga 101 (6 week series) 5:45 pm 1hr	Donation Yoga (All Levels) 5:30 pm 1 hour Katina		Aerial Yoga Dance 101/102 5:45 pm 1hr	Aerial Silks 102 (Elevate Studio- Union Street 5:30pm		
6PM	Beginner Yoga 1hr 6:45pm Katina		Beginner Yoga 1hr 6:00pm Maryem				Candlelight Slow Yoga Flow (ALL Levels) 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

