

AFTERGLOW AERIAL ARTS SCHEDULE - November 1st - December 23rd

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Absolute Beginners Silks 11:15 - 12:15pm</p> <p>Aerial Conditioning 12:30 - 1:30pm</p> <p>Aerial Rope 1 1:30 - 3:00pm</p> <p>Kids Aerial 1 3:00 - 4:00pm</p> <p>Kids Aerial 2 4:00 - 5:15pm</p> <p>Virtual Stretch & Handstands 5:00-6:00pm</p> <p>Teen Silks 1 5:15 - 6:15pm</p> <p>Open Gym 6:00 - 8:00pm</p> <p>Virtual Gentle Yoga 6:00-7:30pm</p>	<p>Aerial Sampler 11:00 - 12:00pm</p> <p>Silks 1 12:00 - 1:30pm</p> <p>Teen Absolute Beginner Silks 4:00-5:00pm</p> <p>Teen Lyra 5:00-6:00pm</p> <p>Silks 2 6:00 - 7:30pm</p> <p>Lyra 1 7:30 - 9:00pm</p>	<p>Virtual Splits! 10:30-11:30am</p> <p>Open Gym 11:00 - 1:00pm</p> <p>Aerial Sling 1:00 - 2:00pm</p> <p>Absolute Beginners Silks 2:15 - 3:15pm</p> <p>Kids Aerial 1 4:00 - 5:00pm</p> <p>Teen Beginners Aerial Sampler 5:00 - 6:00pm</p> <p>Virtual Core Conditioning 6:00-7:00pm</p> <p>Teen Silks 1 (11-15 yr) 6:15 - 7:15pm</p> <p>Advanced Beginners Trapeze 7:00 - 8:00pm</p> <p>Absolute Beginner Silks 8:00 - 9:00pm</p> <p>Dance Silks 8:30 - 10:00pm</p> <p>Aerial Sampler 10:00 - 11:00pm</p>	<p>Beginners Lyra 1:30 - 2:30pm</p> <p>Silks 1 2:30 - 4:00pm</p> <p>Teen Pre-Professional 5:00 - 8:00pm</p> <p>Silks 1 6:15 -7:45pm</p> <p>Absolute Beginners Silks 7:45 - 8:45pm</p> <p>Lyra 2 8:15 - 9:45pm</p>	<p>Absolute Beginners Silks 11:30 - 12:30pm</p> <p>Open Gym 12:30 - 2:30pm</p> <p>Beginners Sling 2:30 - 3:30pm</p> <p>Kids Aerial 4:00 - 5:00pm</p> <p>Teen Absolute Beginners Silks 5:00 - 6:00pm</p> <p>Contortion 5:45 - 7:15pm</p> <p>Silks 1 6:15 - 7:45pm</p> <p>Handstands 7:45 - 9:00pm</p>	<p>Trapeze 1 10:00 - 11:30am</p> <p>Absolute Beginners Silks 11:30 - 12:30pm</p> <p>Dance Silks 2:30-4:00pm</p> <p>Teen Silks 1 4:15 - 5:15pm</p> <p>Teen Beginners Aerial Sampler 5:15 - 6:15pm</p> <p>Silks 2 6:15 - 7:45pm</p> <p>Absolute Beginners Silks 7:45 - 8:45pm</p>	<p>Teen Pre-Professional Program 10:00 - 1:00pm</p> <p>Virtual Intro to Contortion 11:00-12:30pm</p> <p>Level 1-3 Silks Drop-in 1:00 - 2:30pm</p> <p>Intro to Contortion 1:00-1:30pm</p> <p>Open Gym 3:15 - 5:15pm</p> <p>Advanced Trapeze 5:00 - 6:30pm</p> <p>Open Gym 5:30-7:30pm</p> <p>Advanced Silks 6:30 - 8:00pm</p>