

Ringstar Studio

3907 Varsity Dr. Ann Arbor, MI 48108 • a2ringstar.com • mail@a2ringstar.com • (734) 335-1625

January–May 2019

Sunday

Ring of Steel Stage Combat, 11a-2p
Open Archery, 2-4p
Beginning Aerial Silks, 4-5p
Open Gym, 5-7p
AIReal Yoga, 7-8:15p

Monday

Boot Camp, 9-10a
Mixed Level Aerial Silks, 6-7p
AIReal Yoga, 7-8:15p

Tuesday

Senior Fit, 9-10a
Kids' Capoeira, 5-6p
Intermediate Aerial Silks, 6-7p
Ring of Steel Stage Combat, 7-9p
Flowjo, 9p-12a

Wednesday

Boot Camp, 9-10a
Aerial Conditioning, 6-7p
Self Defense, 7-8p

Thursday

Senior Fit, 9-10a
Kid's Capoeira, 5-6p
Advanced Aerial Silks, 6-7p
Ring of Steel Stage Combat, 7-10p

Friday

Boot Camp, 9-10a
Mixed Level Aerial Silks, 10-11a
AIReal Yoga, 5:45-7p
Open Gym/Acro Yoga Jam, 7-9p

Saturday

Aerial Conditioning, 10-11a
Beginning Aerial Silks, 11a-12p
Mixed Circus Arts, 12-1p
Ring of Steel Youth Stage Combat, 1-2p

Other Services

For Personal Training: Contact Joseph Wright CPT (NASM) - CES, PES, WLS at ForgeFitnessMI@gmail.com

For private lessons in aerial silks and AIReal Yoga: contact Diane Barbeau, YT200 at diane@a2ringstar.com

For private lessons in AIReal Yoga, or Thai Massage: contact Samantha Oetting, YT200 at sno@snoasana.com

For studio rentals and parties: email mail@a2ringstar.com or call/text (734) 335-1625

For private lessons in other disciplines: contact class instructors directly. See a2ringstar.com for instructor contact details.