

Time	Sunday Studio	Monday Studio	Tuesday Studio	Wednesday Studio	Wednesday 309 Fairmont Drive Studio	Thursday Studio	Friday Studio	Friday Aberdeen	Saturday Aberdeen	Saturday Studio
7:15am		Rhythmic Gymnastics								
7:30am		7:15-8:15am								
7:45am										
8am										
8:15am										
8:30am										
8:45am										Studio
9am		Skate Primal Performance	Channel Performance			Channel Performance			Skate Primal Performance 8:30am	Pre-Competitive Rhythmic Gymnastics
9:15am										
9:30am		Aberdeen	Preschool (on physical therapy)			Preschool (on physical therapy)				9:45am
9:45am										Alfa Flexibility
10am		*3-6 year olds		9-11:30am		9-11:30am				9:45-10:15
10:15am		Aristic Gymnastics								Grown up & Me (3 months-4 yrs. old)
10:30am		10:10-45am 45 mins								Gymnastics, music, creative movement
10:45am		Alfa Flexibility								10:15-11:00am
11am		6 yrs old and older 10:45-11:15								*Parkour
11:15am		*13 year olds								Level A/B
11:30am		Aristic Gymnastics								11:00-11:45am
11:45am		11:15am-12:15pm								*3-6 year olds
12pm		1 hr								Aristic Gymnastics
12:15pm		Pre-Comp Rhythmic Gymnastics								11:45-12:30pm
12:30pm		& Twirling Baton 12:15-1pm								Karate
12:45pm		Technique class Jumps and Turns								5-6 yr olds
1pm		Alfa Flexibility								*Tumbling
1:15pm		1-1:30pm								Beginner, Level A
1:30pm		Competitive Twirling Baton &								1:15-2pm
1:45pm		Rhythmic Gymnastics 1:30-2:15pm								Alfa Flexibility
2pm		Technique class Jumps and Turns								2-2:30pm
2:15pm		Twirling Baton All Ages								*Tumbling
2:30pm		2:15-3pm								Level B
2:45pm										2:30-3:15pm
3pm		Circus 4-7yrs old								*Tumbling
3:15pm		3-3:45pm								Level C
3:30pm		hoop/silks/trapeze/rhythmic gymnastics								3:15-4pm
3:45pm		Alfa Flexibility								Alfa Flexibility
4pm		3:45-4:15pm								4-4:30pm
4:15pm		Circus 7-10 year olds								Circus 9 yrs old & older
4:30pm		4:15-5:00pm								4:30-5:15pm
4:45pm		hoop/silks/trapeze/rhythmic gymnastics	Performance Cheer U6 Prep	*U12 Performance Cheer	Jazz/Hip Hop Team	Circus 8-10 year olds		5-8 yrs. old Jazz/ Hip Hop Team		Performance Cheer Combo Class
5pm			4:45-5:30pm	Combo Class 4:30-5:15pm	4:45-5:30pm					Open studio
5:15pm			*U12 Performance Cheer	hoop/silks/trapeze/rhythmic gymnastics		4:45-5:30pm		5-6pm		Skate Primal Performance
5:30pm			Break	Pom	Performance Cheer U8 Pom					Learn to Skate Program
5:45pm		Skate Primal Performance	Circus 4-7yrs old	5:45-6:30pm	5:30-6:30pm					5:15-6:15pm
6pm		Performance	5:45-6:30pm	1hr practice						
6:15pm		5:45-7:30pm??	hoop/silks/trapeze/rhythmic gymnastics	*Aristic Gymnastics						
6:30pm		Aberdeen	Alfa Flexibility	U11 yrs old	Alfa Flexibility	Rhythmic Gymnastics				
6:45pm			6 and older 6:30-7pm	6:15-7:15pm	6 and older 6:30-7pm	Competitive				
7pm			Parkour	1hr	Karate	2.5 hours				
7:15pm			7:7:45pm	Alfa Flexibility	UIS	309 Fairmont Drive				Twirling Baton All Ages
7:30pm			Level A/B	6 and older 7:15-7:45pm	7:15-8:15pm	Studio 1				7:7:45pm
7:45pm			*Tumbling	*U15 year olds						Alfa Flexibility
8pm			Level C	Aristic Gymnastics						6 and older 7:45-8:15pm
8:15pm			7:45-8:45pm	7:45-8:45pm						Circus 9 yrs old & older
8:30pm			Alfa Flexibility	1 hr						8:15-9pm
8:45pm										hoop/silks/trapeze/rhythmic gymnastics
9pm										

U- means Under for an example U13 means under 13 and including the age of 13.

Registration Opens June 2nd, 2026

Bonus class! Alfa Flexibility for those 6 and older with your Channel Performance Classes