

## 2022-2023 Fall/Winter Schedule September-May

Schedule is subject to change... Updated June 20th

	Sunday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Saturday
Time	Studio D (Main Studio)	Studio D (Main Studio)	Studio D (Main Studio)	Field House	Studio D (Main Studio)	Studio B (Next door)	Field House	Studio D (Main Studio)	Studio D (Main Studio)	Studio D
9am										Intelligence Kids
9:15am										9:00-9:30am
9:30am	Beginner Gymnastics		Intelligence Tots					Sask Deaf &	Intelligence Tots	Set up
9:45am	Rhythmic & Artistic		track, gymnastics, dance					Hard Hearing	track, gymnastics, dance	Open Studio
10am	9:30-10:30am		9:30-10:15am					Services	9:30-10:15am	Artistic Gymnastics
10:15am	1 hr							9:30-10:30am		9:45-10:45am
10:30am	Intermediate Gymnastics	Mommy	Mommy					Mommy	Mommy	
10:45am	Artistic	Connections	Connections					Connections	Connections	Take down
11am	10:30-11:30am	10:30-11:30am	10:30-11:30am		Intelligence Tykes			10:30-11:30am	10:30-11:30am	Open Studio
11:15am	1 hr				11:15am-12:00pm					Rhythmic Gymnastics
11:30am	Advanced Gymnastics									11am-12pm
11:45am	Artistic									
12pm	11:30am-12:30pm									Channel Excellence
12:15pm	1hr									12-1pm
12:30pm	Break									
12:45pm										
1pm	Intelligence Tots		Mommy Connections		Intelligence Babies			Intelligence Tykes	U19 Pom	
1:15pm	1-1:45pm		1-2:30pm		1-1:45pm			1-1:45pm		Performance Cheer
1:30pm										1-1:45pm
1:45pm	Break									U12 Pom
2pm	Alka Flexibility									Performance Cheer
2:15pm	Module 1/2									1:45-2:30pm
2:30pm	2-2:45pm 45 mins									Break
2:45pm	Alka Flexibility									Intelligence Tots
3pm	Module 3/4									2:45-3:30pm
3:15pm	2:45-3:30pm									
3:30pm	Break									Junior Track
3:45pm	Junior Track									3:30-4:15pm
4pm	3:45-4:30pm				4-6 Ballet/Jazz			Intelligence Kids		
4:15pm			U8 Performance Cheer		4-4:55pm			4-4:30pm		U16 Pom
4:30pm	Acro &		Jazz/Hip Hop/Pom					Break		Performance Cheer
4:45pm	Rhythmic Gymnastics	Hoop	4:15-5pm					Hoop U14	7-10 year olds	4:15-5pm
5pm	U12 4:30-5:15pm	4:45-5:30pm	Break		Intelligence Tots	Karate		4:45-5:30pm	Hip Hop Technique	
5:15pm	Acro &		Artistic Gymnastics		5-5:45pm	4-6 year olds			4:45-5:30pm	
5:30pm	Rhythmic Gymnastics	7-18 years old	Intermediate			5-5:45pm		Alka Flexibility	7-10 year olds	
5:45pm	U18 5:15-6pm	Res. Performance Cheer	5:15-6pm		Break	Karate		Module 1/2	Ballet/Jazz	
6pm		5:30-6:15pm	Rhythmic Gymnastics			7-12 year olds		5:30-6:15pm	5:30-6:15pm	
6:15pm		Alka Flexibility	Intermediate & Advanced		Ballroom Level A	5:45-6:30		U19	11 and older	
6:30pm		Module 1/2	6-6:45pm	Youth Track/Adult 12 & older	50 and under	Karate	Youth Track /Adult 12 & older	Performance Cheer	Ballet technique	
6:45pm		6:15-7pm	Artistic Gymnastics	Training with SaskATF	6:15-7pm	13-Adult	Training with SaskATF	6:15-7pm	6:15-7pm	
7pm		U12	Advanced	Field House 6:30-7:45pm	Ballroom Level A	6:30-7:15	Field House 6:30-7:45pm	Hoop	11 and older	
7:15pm		Performance Cheer	6:45-7:30	(possible time change)	45 and older		(possible time change)	15+	Jazz; Turns and jumps	
7:30pm		7-7:45pm	Break		7-7:45pm			7-7:45pm	7-7:45pm	
7:45pm		Adult Flexibility	U16		Ballroom Level B			Adult Flexibility	11 and older	
8pm		Module 1/2	Performance Cheer		7:45-8:30pm			Module 1/2	Hip Hop Technique	
8:15pm		7:45-8:30pm	7:45-8:30pm					7:45-8:30pm	7:45-8:30pm	
8:30pm										
8:45pm										
9pm										

\* Karate Stream; Channel Performance has partnered with Midwest Karate

\* Monthly Fee's do not include Provincial and National sport organization Fees, costumes/uniforms, equipment, competition, or exams

\* All dancers will register under Sask Cheerleading

\* Stay tuned for our Hockey Workshops 2023

\* Year end show June 2nd-4th 2023 weekend

\*Youth Track/Adult; Channel Performance has partnered with SaskATF Track Club season begins in November