

Channel Performance 2026-2027 season

	Sunday	Sunday	Sunday	Monday	Tuesday	Wednesday	Wednesday	Wednesday	Thursday	Friday	Friday	Saturday
Time	309 Fairmont Drive	Aberdeen	Studio	Studio	Studio	Aberdeen	Studio	309 Fairmont Drive	Studio	Studio	Aberdeen	Studio
7:15am	Studio 1							Studio 1			Location- Merlis Belcher Place	
7:30am											1 hr	
7:45am												
8am		Skate Personal Performance										
8:15am		8-9:30am										
8:30am												
8:45am												
9am					Channel				Channel			Studio
9:15am					Performance				Performance			Pre-Competitive
9:30am					Preschool				Preschool			Rhythmic Gymnastics
9:45am					(on physical literacy)				(on physical literacy)			9-9:45am
10am			5-6 year olds		9-11:30am				9-11:30am			Alma Flexibility
10:15am			Artistic Gymnastics									Grown up & Me! (3 months-4 yrs. old)
10:30am			10-10:45am 45 mins									Gymnastics, music, creative movement
10:45am			Alma Flexibility									10-11:00am
11am			6 yrs old and older 10:45-11:15									*Parcour
11:15am			5-11 year olds									Level A/B
11:30am			Artistic Gymnastics									11:00-11:45am
11:45am			11:15am-12:15pm									5-6 year olds
12pm			1 hr									Artistic Gymnastics
12:15pm			Pre-Comp Rhythmic Gymnastics									11:45-12:30pm
12:30pm			& Twirling Baton 12:15-1pm									Ballet
12:45pm			Technique class Jumps and Turns									5-6 yr olds
1pm			Alma Flexibility									12-30-1:15pm
1:15pm			1-1:30pm									*Tumbling
1:30pm			Competitive Twirling Baton &									Beginner, Level A
1:45pm			Rhythmic Gymnastics 1:30-2:15pm									1:15-2pm
2pm			Technique class Jumps and Turns									Alma Flexibility
2:15pm			Twirling Baton All Ages									2-2:30pm
2:30pm			2:15-3pm									*Tumbling
2:45pm												Level B
3pm			Circus 4-7yrs old									2:30-3:15pm
3:15pm			3-3:45pm									*Tumbling
3:30pm			hoop/ribz/trapeze/rhythmic gymnastics									Level C
3:45pm			Alma Flexibility									3:15-4pm
4pm			3:45-4:15pm									Alma Flexibility
4:15pm			Circus 7-10 year olds									4-4:30pm
4:30pm			4:15-5:00pm									Circus 9 yrs old & older
4:45pm			hoop/ribz/trapeze/rhythmic gymnastics									4:30-5:15pm
5pm			Performance Cheer U6 Prep									hoop/ribz/trapeze/rhythmic gymnastics
5:15pm			4:45-5:30pm									
5:30pm			Break									
5:45pm			Circus 4-7yrs old									
6pm			5:45-6:30pm									
6:15pm			hoop/ribz/trapeze/rhythmic gymnastics									
6:30pm			Alma Flexibility									
6:45pm			6 and older 6:30-7pm									
7pm			Parcour									
7:15pm			7-7:45pm									
7:30pm			Level A/B									
7:45pm			*Tumbling									
8pm			Level C									
8:15pm			7:45-8:45pm									
8:30pm			Alma Flexibility									
8:45pm												
9pm												

Registration Opens
June 2nd, 2026

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

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