

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D
9am		(Main Studio)	Channel	(Main Studio)	Channel	(Main Studio)	Grown up & Me
9:15am			Performance		Performance		Intelligence, gymnastics, creative movement
9:30am			Preschool		Preschool		9-9:45am
9:45am	<i>*2-6 year olds</i>		(on physical literacy)		(on physical literacy)		Private lessons
10am	Artistic Gymnastics		9-11:30am		9-11:30am		
10:15am	9:45-10:30am 45 mins						
10:30am	Alixa Flexibility						*Parkour
10:45am	6 yrs old and older 10:30-11am						Level A/B
11am	<i>*U13 year olds</i>						10:30-11:15am
11:15am	Artistic Gymnastics						Break
11:30am	11am-12pm						<i>*3-4 year olds</i>
11:45am	1 hr						Artistic Gymnastics
12pm	Break						11:30am-12:15pm 45mins
12:15pm	Private lessons						Break
12:30pm							Break
12:45pm							Karate
1pm	Alixa Flexibility highschool students						4 and 5 yr olds
1:15pm	6 yrs old and older 1-1:30pm						12:45-1:30pm
1:30pm	Break						Break
1:45pm	14 and older Jazz Recreational						<i>U15 year olds</i>
2pm	1:45-2:30pm						Artistic Gymnastics
2:15pm	45 mins						1:45-2:45pm
2:30pm	Open studio						1 hr
2:45pm	2:30-3:30						Alixa Flexibility
3pm							*Tumbling
3:15pm							A/B, Level 1 Cheer
3:30pm	Break						3-3:45pm
3:45pm	Alixa Flexibility						Alixa Flexibility
4pm	3:45-4:15pm						3:45-4:15pm
4:15pm	Circus 7-12 year olds						*Tumbling U13
4:30pm	4:15-5:00pm						B/C, Level 2 Cheer
4:45pm	hoop/silks/traeze/floor routines	Performance Cheer U6 Prep			Alixa Flexibility		4:15-5pm
5pm		Jazz, hip hop, Pom			6 and older		Open studio
5:15pm		4:45-5:30pm	*U12 Performance Cheer		4:45-5:30pm		Parent & Tot
5:30pm		Break	1 hr		*U12 Performance Cheer	Aberdeen Primal	5-6pm
5:45pm		Circus 5-7yrs old	Pom (competitive)		5:30-6:15pm 45 mins	Learn to Skate Program 5:30pm	
6pm		5:45-6:30pm	5:15-6:15pm		Pom (competitive) 2nd practice	Open studio	
6:15pm		hoop/silks/traeze/floor routines	*Artistic Gymnastics		Break	6-7pm	
6:30pm		Alixa Flexibility	U11 yrs old	Alixa Flexibility	Skate Saskatoon		
6:45pm		6 and older 6:30-7pm	6:15-7:15pm	6 and older 6:30-7pm	6:30-7:15pm		
7pm		Parkour	1hr	Karate			
7:15pm		7-7:45pm	Alixa Flexibility	U15	Alixa Flexibility		
7:30pm		Level A/B	6 and older 7:15-7:45pm	7-8pm	7:15-7:45pm		
7:45pm		*Tumbling U15	<i>*U15 year olds</i>		Circus 10 yrs old & older		
8pm		B/C, Level 2 Cheer	Artistic Gymnastics		7:45-8:30pm		
8:15pm		7:45- 8:45pm	7:45-8:45pm		hoop/silks/traeze/floor routines		
8:30pm		Alixa Flexibility	1 hr				
8:45pm							
9pm							

Registration  
Opens  
June 2nd, 2025

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