

Channel Performance 2025-2026 season

Updated Dec. 14, 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D
9:15am		(Main Studio)	Channel	(Main Studio)	Channel	(Main Studio)	Grown up & Me
9:30am			Performance		Performance		Intellidance, gymnastics, creative movement
9:45am	*3-6 year olds		(on physical literacy)		(on physical literacy)		9:45am
10am	Artistic Gymnastics		9:11:30am		9:11:30am		Private lessons
10:15am	9:45-10:30am 45 mins						
10:30am	Alix Flexibility						*Parkour
10:45am	6 yrs old and older 10:30-11am						Level A/B
11am	*U13 year olds						10:30-11:15am
11:15am	Artistic Gymnastics						Break
11:30am	11am-12pm						*3-4 year olds
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	Alix 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						U15 year olds
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						Alix Flexibility
3pm							*Tumbling
3:15pm							A/B, Level 1 Cheer
3:30pm	Break						3:3:45pm
3:45pm	Alix Flexibility						Alix 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			Alix 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 routine	*Artistic Gymnastics			Break	6-7pm	
6:30pm	Alix Flexibility	U11 yrs old	Alix 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	Alix Flexibility	U15		Alix Flexibility		
7:30pm	Level A/B	6 and older 7:15-7:45pm	7-8pm		7:15-7:45pm		
7:45pm	*Tumbling U15	*U15 year olds			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	Alix Flexibility	1 hr					
8:45pm							
9pm							

Registration
Opens
June 2nd, 2025

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

