

2023-2024 Fall/Winter Schedule September-May

	Sunday	Monday	Tuesday	Tuesday	Wednesday	Thursday	Thursday	Friday	Saturday
Time	Studio D	Studio D	Studio D	Field House	Studio D	Field House	Studio D	Studio D	Studio D
9am		(Main Studio)	(Main Studio)		(Main Studio)		Channel	(Main Studio)	
9:15am							Performance		
9:30am							Preschool		
9:45am	*3-5 year olds				Intelligence Tykes		(on physical literacy)		Grown Up & Me
10am	Artistic Gymnastics		Grown Up & Me		9:30-10:15am		9-11:30am		Gymnastics & Intelligence
10:15am	9:45-10:30am 45 mins		Gymnastics & Intelligence						9:45-10:30am
10:30am	*6-9 year olds	Mommy	10-10:45am						*Parkour
10:45am	Artistic Gymnastics	Connections							Level A/B
11am	10:30-11:30am	10:30-11:30am							10:30-11:15am
11:15am	1 hr								*Parkour
11:30am	*U16								Level B/C
11:45am	Artistic Gymnastics								11:15am-12pm
12pm	11:30am-12:30pm								Break
12:15pm	1hr								*U16 Pom
12:30pm	Open Studio								Performance Cheer
12:45pm		Channel							12:15-1:15pm
1pm		Performance	Mommy Connections				Intelligence Babies		
1:15pm	Tumbling	Preschool	1-2:30pm				1-1:45pm		Break
1:30pm	Level B/C	(on physical literacy)							*U12 Pom
1:45pm	1:15-2pm	12:45-3:15pm							Performance Cheer
2pm	Break								1:30-2:30pm
2:15pm	Cheer!								
2:30pm	Starting in January								*Tumbling
2:45pm	Stunting, lifts								Level A/B
3pm	Rec Team								2:30-3:30pm
3:15pm	All Ages 2:15-3:15pm								
3:30pm	Break								*Tumbling
3:45pm	Junior Track								Level B/C
4pm	3:45-4:30pm								3:30-4:30pm
4:15pm									
4:30pm	Circus 8-13 year olds						Artistic Gymnastics		
4:45pm	4:30-5:15pm	Performance Cheer 3 & 4 year olds	*U12 Performance Cheer		Karate		3-5 year olds	7-10 year olds	
5pm	hoop/silks/trapeze/floor routines	Jazz, hip hop, Pom	Jazz/Hip Hop		4-6 year olds		4:30-5:15pm	Ballet/Jazz	
5:15pm		4:45-5:30pm	4:45-5:30pm		4:45-5:30pm		Break	4:50-5:40pm	
5:30pm		Circus U8	*U8 Performance Cheer		Karate		Alixa Flexibility	Open studio	
5:45pm		5:30-6:15pm	Jazz/Hip Hop/Pom		7-12 year olds		Module 1/2		
6pm		hoop/silks/trapeze/floor routines	5:30-6:15pm		5:30-6:30		5:30-6:15pm		
6:15pm		Alixa Flexibility	Break				U16, U18, Open Jazz		
6:30pm		Module 1/2	Grown Up & Me		Karate		Performance Cheer		
6:45pm		6:15-7pm	Gymnastics & Intelligence	Youth Track 12 & older	13-Adult	Youth Track 12 & older	6:15-7pm		
7pm		Break	6:30-7:15pm	Training with SaskATF	6:30-7:30	Training with SaskATF	Circus	11 and older	
7:15pm		Parkour	*Artistic Gymnastics	Field House 6:30-7:45pm		Field House 6:30-7:45pm	14-18 year olds 7-7:45pm	Jazz; Jumps & Turns	
7:30pm		7:15-8pm	U10				hoop/silks/trapeze/floor routines	7-7:45pm	
7:45pm		Level A/B	7:15-8pm				Adult Flexibility	11 and older	
8pm			*Artistic Gymnastics				Module 1/2	Ballet technique	
8:15pm			U15				7:45-8:30pm	7:45-8:30pm	
8:30pm			8-8:45pm						
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
 * Stay tuned for our Hockey Workshops summer 2023
 * Year end show June 1st 2024 weekend
 * Youth Track; Channel Performance has partnered with SaskATF Track Club season begins in November
 * Friday Dance stream Channel Performance has partnered with Studio 1