

| Time    | Sunday<br>Aberdeen       | Sunday<br>Main Studio In Sutherland    | Monday<br>Main Studio In Sutherland    | Tuesday<br>Main Studio In Sutherland | Wednesday<br>Aberdeen    | Wednesday<br>Main Studio In Sutherland | Thursday<br>Main Studio In Sutherland  | Friday<br>Main Studio In Sutherland | Friday<br>Aberdeen             | Saturday<br>Main Studio In Sutherland                |
|---------|--------------------------|----------------------------------------|----------------------------------------|--------------------------------------|--------------------------|----------------------------------------|----------------------------------------|-------------------------------------|--------------------------------|------------------------------------------------------|
| 7:15am  |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 7:30am  |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 7:45am  |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 8am     | Skate Primal Performance |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 8:15am  | Hockey/Ringette Edges    |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 8:30am  |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 8:45am  | Skate Primal Performance |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |
| 9am     | Open                     |                                        |                                        | Channel                              |                          |                                        | Channel                                |                                     |                                | Studio                                               |
| 9:15am  | 8:45-9:30am              |                                        |                                        | Performance                          |                          |                                        | Performance                            |                                     |                                | Pre- Competitive                                     |
| 9:30am  |                          |                                        |                                        | Preschool                            |                          |                                        | Preschool                              |                                     |                                | Rhythmic Gymnastics                                  |
| 9:45am  |                          |                                        |                                        | (on physical literacy)               |                          |                                        | (on physical literacy)                 |                                     |                                | 9-9:45am                                             |
| 10am    |                          | *3-6 year olds                         |                                        | 9-11:30am                            |                          |                                        | 9-11:30am                              |                                     |                                | Alixa Flexibility                                    |
| 10:15am |                          | Artistic Gymnastics                    |                                        |                                      |                          |                                        |                                        |                                     |                                | 9:45-10:15                                           |
| 10:30am |                          | 10-10:45am 45 mins                     |                                        |                                      |                          |                                        |                                        |                                     |                                | Grown up & Me (3 months-4 yrs. old)                  |
| 10:45am |                          | Alixa Flexibility                      |                                        |                                      |                          |                                        |                                        |                                     |                                | Gymnastics, music, creative movement                 |
| 11am    |                          | 6 yrs old and older 10:45-11:15        |                                        |                                      |                          |                                        |                                        |                                     |                                | 10:15-11:00am                                        |
| 11:15am |                          | *U13 year olds                         |                                        |                                      |                          |                                        |                                        |                                     |                                | *Parkour                                             |
| 11:30am |                          | Artistic Gymnastics                    |                                        |                                      |                          |                                        |                                        |                                     |                                | Level A/B                                            |
| 11:45am |                          | 11:15am-12:15pm                        |                                        |                                      |                          |                                        |                                        |                                     |                                | 11:00-11:45am                                        |
| 12pm    |                          | 1 hr                                   |                                        |                                      |                          |                                        |                                        |                                     |                                | *3-6 year olds                                       |
| 12:15pm |                          | Pre-Comp Rhythmic Gymnastics           |                                        |                                      |                          |                                        |                                        |                                     |                                | Artistic Gymnastics                                  |
| 12:30pm |                          | & Twirling Baton 12:15-1pm             |                                        |                                      |                          |                                        |                                        |                                     |                                | 11:45-12:30pm                                        |
| 12:45pm |                          | Technique class Jumps and Turns        |                                        |                                      |                          |                                        |                                        |                                     |                                | Karate                                               |
| 1pm     |                          | Alixa Flexibility                      |                                        |                                      |                          |                                        |                                        |                                     |                                | 5 - 6 yr olds                                        |
| 1:15pm  |                          | 1-1:30pm                               |                                        |                                      |                          |                                        |                                        |                                     |                                | 12:30-1:15pm                                         |
| 1:30pm  |                          | Competitive Twirling Baton &           |                                        |                                      |                          |                                        |                                        |                                     |                                | *Tumbling Level A                                    |
| 1:45pm  |                          | Rhythmic Gymnastics 1:30-2:15pm        |                                        |                                      |                          |                                        |                                        |                                     |                                | 2 yrs. of previous experience in gymnastics and Acro |
| 2pm     |                          | Technique class Jumps and Turns        |                                        |                                      |                          |                                        |                                        |                                     |                                | 1:15-2pm                                             |
| 2:15pm  |                          | Twirling Baton                         |                                        |                                      |                          |                                        |                                        |                                     |                                | Alixa Flexibility                                    |
| 2:30pm  |                          | 2:15-3pm                               |                                        |                                      |                          |                                        |                                        |                                     |                                | 2-2:30pm                                             |
| 2:45pm  |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                | *Tumbling Level B                                    |
| 3pm     |                          | Circus 4-7yrs old                      |                                        |                                      |                          |                                        |                                        |                                     |                                | must be completing or close to having walkover       |
| 3:15pm  |                          | 3-3:45pm                               |                                        |                                      |                          |                                        |                                        |                                     |                                | 2:30-3:15pm                                          |
| 3:30pm  |                          | hoop/silks/trapeze/rhythmic gymnastics |                                        |                                      |                          |                                        |                                        |                                     |                                | *Adult Tumbling                                      |
| 3:45pm  |                          | Alixa Flexibility                      |                                        |                                      |                          |                                        |                                        |                                     |                                | 3:15-4pm                                             |
| 4pm     |                          | 3:45-4:15pm                            |                                        |                                      |                          |                                        |                                        |                                     |                                | Alixa Flexibility                                    |
| 4:15pm  |                          | Circus 7-10 year olds                  |                                        |                                      |                          |                                        |                                        |                                     |                                | 4-4:30pm                                             |
| 4:30pm  |                          | 4:15-5:00pm                            |                                        | *U8/ U12 Performance Cheer           |                          |                                        |                                        |                                     |                                | Circus 9 yrs old & older                             |
| 4:45pm  |                          | hoop/silks/trapeze/rhythmic gymnastics | Circus 8-10 year olds                  | Jazz/Hip Hop Team                    |                          |                                        |                                        |                                     |                                | 4:30-5:15pm                                          |
| 5pm     |                          |                                        | 4:45-5:30pm                            | Combo Class 4:30-5:15pm              |                          | Performance Cheer U8 Pom               |                                        | Open studio                         |                                | hoop/silks/trapeze/rhythmic gymnastics               |
| 5:15pm  |                          |                                        | hoop/silks/trapeze/rhythmic gymnastics | *U12 Performance Cheer               |                          | 5-6pm                                  |                                        | 5-6pm                               |                                |                                                      |
| 5:30pm  |                          |                                        | Alixa Flexibility                      | Pom                                  |                          |                                        | Alixa Flexibility                      |                                     |                                |                                                      |
| 5:45pm  |                          |                                        | Circus 4-7yrs old                      | 5:15-6:15pm                          | Skate Primal Performance |                                        | 6 and older 5:30-6pm                   |                                     | 5:45-6:30pm                    |                                                      |
| 6pm     |                          |                                        | 5:45-6:30pm                            | 1st practice                         | 5:45-6:30pm              |                                        | *U12 Performance Cheer                 | Open studio                         | 45 mins                        |                                                      |
| 6:15pm  |                          |                                        | hoop/silks/trapeze/rhythmic gymnastics | *Artistic Gymnastics                 | Open                     |                                        | 6-7pm                                  | 6-7pm                               | Open- Skate Primal Performance |                                                      |
| 6:30pm  |                          |                                        | Alixa Flexibility                      | U11 yrs old                          | Skate Primal Performance |                                        | Pom 2nd practice                       |                                     | Learn to Skate                 |                                                      |
| 6:45pm  |                          |                                        | 6 and older 6:30-7pm                   | 6:15-7:15pm                          | Open                     |                                        | 6 and older 6:30-7pm                   |                                     | 6:30-7:15pm                    |                                                      |
| 7pm     |                          |                                        | Parkour                                | 1hr                                  | 6:30-7:15pm              |                                        | Karate                                 |                                     | Skate Primal Performance       |                                                      |
| 7:15pm  |                          |                                        | 7-7:45pm                               | Alixa Flexibility                    |                          |                                        | U15                                    |                                     |                                |                                                      |
| 7:30pm  |                          |                                        | Level A/B                              | 6 and older 7:15-7:45pm              |                          |                                        | 7-8pm                                  |                                     |                                |                                                      |
| 7:45pm  |                          |                                        | *Tumbling                              | *U15 year olds                       |                          |                                        |                                        |                                     |                                |                                                      |
| 8pm     |                          |                                        | Level C- Advanced                      | Artistic Gymnastics                  |                          |                                        | 6 and older 7:45-8:15pm                |                                     |                                |                                                      |
| 8:15pm  |                          |                                        | 7:45-8:45pm                            | 7:45-8:45pm                          |                          |                                        | Circus 9 yrs old & older               |                                     |                                |                                                      |
| 8:30pm  |                          |                                        | Alixa Flexibility                      | 1 hr                                 |                          |                                        | 8:15-9pm                               |                                     |                                |                                                      |
| 8:45pm  |                          |                                        |                                        |                                      |                          |                                        | hoop/silks/trapeze/rhythmic gymnastics |                                     |                                |                                                      |
| 9pm     |                          |                                        |                                        |                                      |                          |                                        |                                        |                                     |                                |                                                      |

Registration Opens  
June 2nd, 2026

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

Bonus class!  
Alixa Flexibility  
for those 6 and  
older  
with you