

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

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

 Registration Opens
June 2nd, 2026

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