

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			Alia 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		Alia 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		Open studio								Artistic Gymnastics
12:30pm		12:15-1pm								11:45-12:30pm
12:45pm										
1pm		Alia 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								Alia Flexibility
2:15pm		Twirling Baton								2-2:30pm
2:30pm		2:15-3pm								*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		Alia 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		Open studio		
5:15pm			hoop/silks/trapeze/rhythmic gymnastics	*U12 Performance Cheer		5-6pm		5-6pm		
5:30pm			Alia Flexibility	Pom			Alia 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			Alia 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	Alia Flexibility			7-7:45pm			
7:30pm			Level A/B	6 and older 7:15-7:45pm						
7:45pm			*Tumbling	*U15 year olds			Alia 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			Alia 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!
Alia Flexibility
for those 6 and
older
with your