

2022-2023 Fall/Winter Schedule September-May

Schedule is subject to change... Updated Nov 15th

Time	Sunday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Saturday
	Studio D	Studio D	Studio D	Field House	Studio D	Studio B	Field House	Studio D	Studio D	Studio D
9am	(Main Studio)	(Main Studio)	(Main Studio)		(Main Studio)	(Next door)				
9:15am										
9:30am	Beginner Gymnastics							Sask Deaf & Hard Hearing Services	Intelligence Tots	
9:45am	Rhythmic & Artistic								track, gymnastics, dance	Parkour
10am	9:30-10:30am								9:30-10:15am	9:45-10:30am
10:15am	1 hr								9:30-10:30am	Level A/B
10:30am	Intermediate Gymnastics	Mommy	Mommy						Mommy	Parkour
10:45am	Artistic	Connections	Connections						Connections	Mommy
11am	10:30-11:30am	10:30-11:30am	10:30-11:30am		Intelligence Tykes				10:30-11:30am	10:30-11:30am
11:15am	1 hr				11:15am-12:00pm					Level B/C
11:30am	Advanced Gymnastics									
11:45am	Artistic									
12pm	11:30am-12:30pm									U16 Pom
12:15pm	1hr									Performance Cheer
12:30pm										12-12:45pm
12:45pm										Break
1pm		Body Sculpting	Mommy Connections		Intelligence Babies			Body Sculpting		U18 Pom
1:15pm		1-1:45pm	1-2:30pm		1-1:45pm			1-1:45pm		Performance Cheer
1:30pm										1-1:45pm
1:45pm										U12 Pom
2pm	Alka Flexibility				Body Sculpting					Performance Cheer
2:15pm	Module 1/2				2-2:45pm					1:45-2:30pm
2:30pm	2-2:45pm 45 mins									Break
2:45pm	Alka Flexibility									Intelligence Tots
3pm	Module 3/4									2:45-3:30pm
3:15pm	2:45-3:30pm									
3:30pm	Break									
3:45pm	Junior Track									
4pm	3:45-4:30pm				4-6 Ballet/Jazz					
4:15pm			U8 Performance Cheer		4-4:55pm					
4:30pm	Circus		Jazz/Hip Hop/Pom					Break		
4:45pm	4:30-5:15pm		4:15-5pm					Circus	7-10 year olds	
5pm	hoop/silks/traeze/floor routines		Break		Intelligence Tots	Karate		4:45-5:30pm	Ballet/Jazz	
5:15pm			Artistic Gymnastics		5-5:45pm	4-6 year olds		hoop/silks/traeze/floor routines	4:45-5:30pm	
5:30pm		Circus U8	Intermediate		5-5:45pm	5-5:45pm		Alka Flexibility	U10 year olds	
5:45pm		5:30-6:15pm	5:15-6pm		Break	Karate		Module 1/2	Hip Hop Technique	
6pm		hoop/silks/traeze/floor routines	Grown Up & Me			7-12 year olds		5:30-6:15pm	5:30-6:15pm	
6:15pm		Alka Flexibility	Gymnastics & Intelligence		Ballroom Level A	5:45-6:30		U18	11 and older	
6:30pm		Module 1/2	6-6:45pm Jan-March		50 and under	Karate		Performance Cheer	Ballet technique	
6:45pm		6:15-7pm	Artistic Gymnastics	Youth Track 12 & older	6:15-7pm	13-Adult	YouthTrack 12 & older	6:15-7pm	6:15-7pm	
7pm		U12	Advanced	Training with SaskATF	Ballroom Level A	6:30-7:15	Training with SaskATF	Circus	11 and older	
7:15pm		Performance Cheer	6:45-7:30	Field House 6:30-7:45pm	45 and older		Field House 6:30-7:45pm	13-18 year olds 7-7:45pm	Jazz; Turns and jumps	
7:30pm		7:7:45pm	Break		7-7:45pm			hoop/silks/traeze/floor routines	7-7:45pm	
7:45pm			U16					Adult Flexibility	11 and older	
8pm			Performance Cheer					Module 1/2	Hip Hop Technique	
8:15pm			7:45-8:30pm					7:45-8:30pm	7:45-8:30pm	
8:30pm										
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 2023
- * Year end show June 2nd-4th 2023 weekend
- * Youth Track; Channel Performance has partnered with SaskATF Track Club season begins in November