

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D	Studio D
9am		(Main Studio)	Channel	(Main Studio)	Channel	(Main Studio)	Grown up & Me
9:15am			Performance		Performance		Intelligence, gymnastics, creative movement
9:30am			Preschool		Preschool		9-9:45am
9:45am	*3-6 year olds		(on physical literacy)		(on physical literacy)		Private lessons
10am	Artistic Gymnastics		9-11:30am	Intelligence	9-11:30am		
10:15am	9:45-10:30am 45 mins			Grown up & Me			
10:30am	Alixa Flexibility			10-10:45am			*Parkour
10:45am	6 yrs old and older 10:30-11am						Level A/B
11am	*U13 year olds						10:30-11:15am
11:15am	Artistic Gymnastics						Break
11:30am	11am-12pm						*3-6 year olds
11:45am	1 hr						Artistic Gymnastics
12pm	Break						11:30am-12:15pm 45mins
12:15pm	Tumbling-High school students						Break
12:30pm	Level B/C						Break
12:45pm	12:15-1:00pm						Karate
1pm	Alixa Flexibility						4 and 5 yr olds
1:15pm	1-1:30pm						12:45-1:30pm
1:30pm	Break						Break
1:45pm	14 and older Jazz Recreational						U15 year olds
2pm	1:45-2:30pm						Artistic Gymnastics
2:15pm	45 mins						1:45-2:45pm
2:30pm	Private lessons						1 hr
2:45pm							Alixa Flexibility
3pm							*Tumbling
3:15pm							A/B, Level 1 Cheer
3:30pm							3-3:45pm
3:45pm	Alixa Flexibility						Alixa Flexibility
4pm	3:45-4:15pm						3:45-4:15pm
4:15pm	Circus 7-12 year olds						*Tumbling U13
4:30pm	4:15-5:00pm						B/C, Level 2 Cheer
4:45pm	hoop/silks/traeze/floor routines	Performance Cheer U6 Prep			Alixa Flexibility		4:15-5pm
5pm		Jazz, hip hop, Pom		*Artistic Gymnastics	6 and older		
5:15pm		4:45-5:30pm	*U12 Performance Cheer	3-6 yr olds	4:45-5:30pm		
5:30pm		Break	1 hr	5:00-5:45pm 45 mins	*U12 Performance Cheer		
5:45pm		Circus 5-7yrs old	Pom (competitive)	Karate U8	5:30-6:15pm 45 mins		
6pm		5:45-6:30pm	5:15-6:15pm	5:45-6:30pm	Pom (competitive) 2nd practice		
6:15pm		hoop/silks/traeze/floor routines	*Artistic Gymnastics		Cheer U12	Aberdeen Primal	
6:30pm		Alixa Flexibility	U9 yrs old	Alixa Flexibility	1 hr	Learn to Skate Program	
6:45pm		6 and older 6:30-7pm	6:15-7:15pm	6 and older 6:30-7pm	6:15-7:15pm	6:45-7:30pm	
7pm		Parkour	1hr	Karate			
7:15pm		7-7:45pm	Alixa Flexibility	U15	Alixa Flexibility		
7:30pm		Level A/B	6 and older 7:15-7:45pm	7-8pm	7:15-7:45pm		
7:45pm		*Tumbling U15	*U15 year olds		Circus 10 yrs old & older		
8pm		B/C, Level 2 Cheer	Artistic Gymnastics		7:45-8:30pm		
8:15pm		7:45-8:45pm	7:45-8:45pm		hoop/silks/traeze/floor routines		
8:30pm		Alixa Flexibility	1 hr				
8:45pm							
9pm							

Registration
Opens
June 2nd,
2025

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