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2023-2024 Fall/Winter Schedule September-May

Schedule is subject to change... Updated May 14th

	Sunday	Monday	Tuesday	Tuesday	Wednesday	Thursday	Thursday	Friday	Saturday
Time	Studio D	Studio D	Studio D	Field House	Studio D	Field House	Studio D	Studio D	Studio D
9am	Grown Up & Me	(Main Studio)	(Main Studio)		(Main Studio)		(Main Studio)	(Main Studio)	Intellidance Tykes
9:15am	Gymnastics & Intellidance								9-9:45am
9:30am	9-9:45am								
9:45am	*3-5 year olds				Intellidance Tykes				Grown Up & Me
10am	Artistic Gymnastics		Grown Up & Me		9:30-10:15am				Gymnastics & Intellidance
10:15am	9:45-10:30am 45 mins		Gymnastics & Intellidance						9:45-10:30am
10:30am	*6-9 year olds	Mommy	10-10:45am					Mommy	*Parkour
10:45am	Artistic Gymnastics	Connections						Connections	Level A/B
11am	10:30-11:30am	10:30-11:30am						10:30-11:30am	10:30-11:15am
11:15am	1 hr								*Parkour
11:30am	*U16								Level B/C
11:45am	Artistic Gymnastics								11:15am-12pm
12pm	11:30am-12:30pm								Break
12:15pm	1hr								*U16 Pom
12:30pm	Intellidance Tykes								Performance Cheer
12:45pm	12:30-1:15pm								12:15-1pm
1pm			Mommy Connections		Intellidance Babies		Intellidance Babies		*Open Pom
1:15pm	Tumbling		1-2:30pm		1-1:45pm		1-1:45pm		Performance Cheer
1:30pm	Level B/C								1-1:45pm
1:45pm	1:15-2pm								*U12 Pom
2pm	*Alixa Flexibility								Performance Cheer
2:15pm	Module 3/4								1:45-2:30pm
2:30pm	2-2:45pm								*Tumbling
2:45pm	*Alixa Flexibility								Level A/B
3pm	Module 1/2								2:30-3:30pm
3:15pm	2:45-3:30pm								
3:30pm	Break								*Tumbling
3:45pm	Junior Track								Level B/C
4pm	3:45-4:30pm				Intellidance Tykes			4-6 year olds	3:30-4:30pm
4:15pm					4-4:45pm			Ballet/Jazz	
4:30pm	Circus 8-13 year olds						Artistic Gymnastics	4-4:50pm	
4:45pm	4:30-5:15pm	Performance Cheer 3 & 4 year olds	*U12 Performance Cheer		Break		3-5 year olds	7-10 year olds	
5pm	hoop/silks/traeze/floor routines	Jazz,hip hop, Pom	Jazz/Hip Hop		Karate		4:30-5:15pm	Ballet/Jazz	
5:15pm	U16 Jazz	4:45-5:30pm	4:45-5:30pm		4-6 year olds		Break	4:50-5:40pm	
5:30pm	Performance Cheer	Circus U8	*U8 Performance Cheer		5-5:45pm		Alixa Fleibility	U10 year olds	
5:45pm	5:15-6:00pm	5:30-6:15pm	Jazz/Hip Hop/Pom		Karate		Module 1/2	Hip Hop Technique	
6pm		hoop/silks/traeze/floor routines	5:30-6:15pm		7-12 year olds		5:30-6:15pm	5:45-6:30pm	
6:15pm		Alixa Flexibility	Break		5:45-6:30		Open Jazz	11 and older	
6:30pm		Module 1/2	Grown Up & Me		Karate		Performance Cheer	Ballet technique	
6:45pm		6:15-7pm	Gymnastics & Intellidance	Youth Track 12 & older	13-Adult	Youth Track 12 & older	6:15-7pm	6:30-7:15pm	
7pm		Break	6:30-7:15pm	Training with SaskATF	6:30-7:30	Training with SaskATF	Circus	11 and older	
7:15pm		Parkour	*Artistic Gymnastics	Field House 6:30-7:45pm		Field House 6:30-7:45pm	14-18 year olds 7-7:45pm	Jazz; Turns and jumps	
7:30pm		7:15-8pm	U10				hoop/silks/traeze/floor routines	7:15-8pm	
7:45pm		Level A/B	7:15-8pm				Adult Flexibility	11 and older	
8pm			*Artistic Gymnastics				Module 1/2	Hip Hop Technique	
8:15pm			U15				7:45-8:30pm	8-8:45pm	
8:30pm			8-8:45pm						
8:45pm									
9pm									

* Karate Stream; Channel Performance has partnered with Midwest Karate
* Monthly Fee's do not include Provicial and National sport organization Fees, costumes/unifoms, equipment, competition, or exams
* Stay tuned for our Hockey Workshops summer 2023
* Year end show June 1st 2024 weekend
*Youth Track; Channel Performance has partnered with SaskATF Track Club season begins in November
* Friday Dance stream Channel Performance has partnered with Studio 1