

	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)	
9:15am			Performance		Performance		
9:30am			Preschool	Intelligence Babies/Tykes	Preschool		
9:45am	*3-5 year olds		(on physical literacy)	9:30-10:15am	(on physical literacy)		Grown Up & Me
10am	Artistic Gymnastics		9-11:30am		9-11:30am		Gymnastics & Intelligence
10:15am	9:45-10:30am 45 mins						9:45-10:30am
10:30am	*U13 year olds	Mommy					*Parkour
10:45am	Artistic Gymnastics	Connections		Grown Up & Me			Level A/B
11am	10:30-11:30am	10:30-11:30am		Gymnastics & Intelligence			10:30-11:15am
11:15am	1 hr			10:45-11:30am			*Parkour
11:30am	Break						Level B/C
11:45am	Tumbling-High school students						11:15am-12pm
12pm	Level B/C						Development Time
12:15pm	11:45-12:30pm						
12:30pm	Break						
12:45pm	Break						
1pm	U12 Rec Cheer		Mommy Connections				
1:15pm	1 Hr		1-2:30pm				
1:30pm	1-2pm						
1:45pm							
2pm	Development Time						
2:15pm							
2:30pm							
2:45pm							
3pm							*Tumbling
3:15pm							A/B, Level 1 Cheer
3:30pm							3-3:45pm
3:45pm							*Tumbling U13
4pm							B/C, Level 2 Cheer
4:15pm	Circus 8-13 year olds						3:45-4:30pm
4:30pm	4:15-5:00pm					7-12 year olds	
4:45pm	hoop/silks/traeze/floor routines	Performance Cheer 3 & 4 year olds	*U12 Performance Cheer		U16 Performance Cheer	Ballet/Jazz	
5pm		Jazz, hip hop, Pom	Jazz/Hip Hop		Technique, Jumps and Turns	4:40-5:30 pm	
5:15pm		4:45-5:30pm	4:45-5:45pm 1hr		4:45-5:30pm		
5:30pm		Break			Albix Feibility		
5:45pm		Circus U8	*U12 Performance Cheer	Karate U12	Module 2/3		
6pm		5:45-6:30pm	Jazz/Hip Hop/Pom	5:45-6:30pm	5:30-6:15pm		
6:15pm		hoop/silks/traeze/floor routines	5:45-6:45pm		U16 Performance Cheer	Aberdeen Primal	
6:30pm		Albix Flexibility	1 hr	Karate	Performance Cheer	Learn to Skate Program	
6:45pm		Module 1/2	Break	13-Adult	6:15-7pm	6:15-7pm	
7pm		6:30-7:15	*Artistic Gymnastics	6:30-7:30pm	Break		
7:15pm		Break	U13		Circus		
7:30pm		Parkour	7:00-8:00pm		14-18 year olds 7:15-8pm		
7:45pm		7:30-8:15pm	1hr		hoop/silks/traeze/floor routines		
8pm		Level A/B					
8:15pm							
8:30pm							
8:45pm							
9pm							