	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		(Main Studio)	Channel		(Main Studio)		Channel	(Main Studio)	
9:15am			Performance				Performance		
9:30am			Preschool		Intellidance 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 & Intellidance
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 & Intellidance				10:30-11:15am
11:15am	1 hr				10:45-11:30am				*Parkour
11:30am	Break								Level B/C
11:45am	Tumbling								11:15am-12pm
12pm	Level B/C								Break
12:15pm	11:45-12:30pm								*U16 Pom
12:30pm	Break								Performance Cheer
12:45pm	Break								12:15-1:45pm
1pm	U8 Cheer		Mommy Connections						
1:15pm	1 Hr		1-2:30pm						
1:30pm	1-2pm								
1:45pm									*U12 Pom
2pm	U12 Cheer								Performance Cheer
2:15pm	1 Hr								1:45-3pm
2:30pm	2-3pm								
2:45pm									
3pm	Break								*Tumbling
3:15pm	Junior Track								A/B, Level 1 Cheer
3:30pm	3:15-4pm								3-3:45pm
3:45pm									*Tumbling
4pm	Break								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	
	hoop/silks/traeze/floor routines	Performance Cheer 3 & 4 year olds	*U12 Performance Cheer		Artistic Gymnastics		U16 Performance Cheer	Ballet/Jazz	
5pm		Jazz,hip hop, Pom	Jazz/Hip Hop		3-5 year olds		Technique; Jumps and Turns	4:40-5:30 pm	
5:15pm		4:45-5:30pm	4:45-5:45pm 1hr		4:45-5:30pm		4:45-5:30pm		
5:30pm		Break			Break		Alixa Fleibility		
5:45pm		Circus U8	*U8 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		Alixa Flexibility	1 hr		Karate		Performance Cheer	Learn to Skate Program	
6:45pm		Module 1/2	Break	Youth Track 12 & older	13-Adult	Youth Track 12 & older	6:15-7pm	6:15-7pm	
7pm		6:30-7:15	*Artistic Gymnastics	Training with SaskATF	6:30-7:30pm	Training with SaskATF	Break		
7:15pm		Break	U13	Field House 6:30-7:45pm		Field House 6:30-7:45pm	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					Adult Flexibility		
8:15pm							Module 1/2		
8:30pm							8-8:45pm		
8:45pm									
9pm									
Jp									