

	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	*3-5 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	*U13 year olds	Mommy		10-10:45am			*Parkour
10:45am	Artistic Gymnastics	Connections					Level A/B
11am	10:30-11:30am	10:30-11:30am					10:30-11:15am
11:15am	1 hr						Break
11:30am	Break						Private lessons
11:45am	Tumbling-High school students						
12pm	Level B/C						
12:15pm	11:45-12:30pm						Development Time
12:30pm	Break						
12:45pm	Break						
1pm	U12 Rec Cheer		Mommy Connections				Karate
1:15pm	1 Hr		1-2:30pm				3 and 4 yr olds
1:30pm	1-2pm						
1:45pm							Break
2pm	Development Time						2-2:45pm
2:15pm							Skate Saskatoon Program
2:30pm							Junior Prep/Excel
2:45pm							Break
3pm							*Tumbling
3:15pm	Private lessons						A/B, Level 1 Cheer
3:30pm							3-3:45pm
3:45pm							*Tumbling U13
4pm	Break						B/C, Level 2 Cheer
4:15pm	Circus 8-13 year olds						3:45-4:30pm
4:30pm	4:15-5:00pm		*U12 Performance Cheer				
4:45pm	hoop/silks/traeze/floor routines	Performance Cheer 3 & 4 year olds	4:30-5:30pm 1hr				
5pm		Jazz, hip hop, Pom	Jazz Team (hip hop/Ballet)			NEW CLASS Starting Jan. 9th	
5:15pm		4:45-5:30pm				*Artistic Gymnastics	
5:30pm		Break	*U12 Performance Cheer			3-5 yr olds	
5:45pm		Circus U8	1 hr and 15 mins	Karate U8		5:15-6pm 45 mins	
6pm		5:45-6:30pm	Pom	5:45-6:30pm		*Artistic Gymnastics	
6:15pm		hoop/silks/traeze/floor routines	5:30-6:45pm		U13 yrs old	Aberdeen Primal	
6:30pm		Alixa Flexibility		Karate	6-7pm	Learn to Skate Program	
6:45pm		Module 1/2	Break	U15	1 hr	6:15-7pm	
7pm		6:30-7:15	*Artistic Gymnastics	6:30-7:30pm	Break	March-May	
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							