



## 2023-2024 Schedule

### MONDAY

Studio A	Studio B
4:30p - 5:30p   <a href="#">Level 1-3 (10+ yrs)</a>	4:45p - 5:30p   <a href="#">Stretch/Flexibility</a>
5:30p - 6:30p   <a href="#">Primary - Level 2</a>	5:30p - 6:15p   <a href="#">Mini Mites (3-5 yrs)</a>
6:30p - 7:45p   <a href="#">Level 3-5</a>	7p - 7:45p   <a href="#">Stretch/Flexibility</a>
7:45p - 9p   <a href="#">Level 4-6</a>	7:45p - 8:30p   <a href="#">Stretch/Flexibility</a>
7:45p - 9:15p   <a href="#">Level 7+</a>	

### TUESDAY

Studio A	Studio B
9:30a - 10:15a   <a href="#">Parent &amp; Baby Acrofit</a>	9:30a - 10:15a   <a href="#">Mini Mites (3-5 yrs)</a>
4:30p - 6p   <a href="#">Mini Acro Dance (6-8 yrs)</a>	4:30p - 5:15p   <a href="#">Stretch/Flexibility</a>
6p - 6:45p   <a href="#">Jr Acro Dance - Ballet (9-11 yrs)</a>	5:15p - 6p   <a href="#">Stretch/Flexibility</a>
6:45p - 7:30p   <a href="#">Int Acro Dance - Ballet (12+ yrs)</a>	6p - 6:45p   <a href="#">Stretch/Flexibility</a>
7:30p - 8:15p   <a href="#">Jr Acro Dance - Jazz (9-11 yrs)</a>	6:45p - 7:30p   <a href="#">Stretch/Flexibility</a>
8:15p - 9:15p   <a href="#">Int Acro Dance - Jazz (12+ yrs)</a>	7:30p - 8:15p   <a href="#">Stretch/Flexibility</a>

### WEDNESDAY

Studio A	Studio B
4:15p - 5:30p   <a href="#">Aerial/BKHS (BEG-INT) - 8 week sessions</a>	4:45p - 5:30p   <a href="#">Mini Mites (3-5 yrs)</a>
5:30p - 6:30p   <a href="#">Level 2-3</a>	5:30p - 6:15p   <a href="#">Stretch/Flexibility</a>
6:30p - 7:45p   <a href="#">Level 4-6</a>	6:30p - 7:15p   <a href="#">Stretch/Flexibility</a>
7:45p - 9:30p   <a href="#">Level 7-PP3</a>	7:45p - 8:30p   <a href="#">Stretch/Flexibility</a>
9:30p - 10:15p   <a href="#">Comp Team TBA</a>	7:15p - 9p   <a href="#">Private Lessons</a>

### THURSDAY

Studio A	Studio B
1p - 2:15p   <a href="#">Private Lessons</a>	1p - 3p   <a href="#">Private Lessons</a>
2:15p - 3:15p   <a href="#">Level Primary-2</a>	3:15p - 4p   <a href="#">Stretch/Flexibility</a>
3:15p - 4:15p   <a href="#">Level 3-4</a>	4:15p - 5p   <a href="#">Stretch/Flexibility</a>
4:15p - 6p   <a href="#">Level 8-PP3</a>	6:45p - 7:30p   <a href="#">Stretch/Flexibility</a>
6p - 6:45p   <a href="#">Comp Team - Pre Senior</a>	7:30p - 8:15p   <a href="#">Stretch/Flexibility</a>
6:45p - 7:30p   <a href="#">Comp Team - Pre Inter</a>	
7:30p - 8:45p   <a href="#">Level 5-7</a>	



## FRIDAY

Studio A	Studio B
4:15p - 5:30p   <a href="#">Level 6-8</a>	4:45p - 5:30p   <a href="#">Stretch/Flexibility</a>
5:30p - 6:15p   <a href="#">Comp Team - Intermediate</a>	5:30p - 6:15p   <a href="#">Stretch/Flexibility</a>
6:15p - 7:30p   <a href="#">Level 6-8</a>	

## SATURDAY

Studio A	Studio B
9:15a - 10:45a   <a href="#">Mini/Junior Acro Dance (6-11 yrs)</a>	10a - 10:45a   <a href="#">Mini Mites (3-5 yrs)</a>
10:45a - 11:30a   <a href="#">Comp Team - Mini</a>	10:45a - 11:30a   <a href="#">Stretch/Flexibility</a>
11:30a - 12:30p   <a href="#">Level 1-3</a>	11:30a - 12:30p   <a href="#">Primary-Level 1 (5-6 yrs)</a>
12:30p - 1:15p   <a href="#">Comp Team - Pre Junior</a>	12:30p - 1:15p   <a href="#">Stretch/Flexibility</a>
1:15p - 2:30p   <a href="#">Level 4-6</a>	1:45p - 2:30p   <a href="#">Stretch/Flexibility</a>
2:30p - 3:15p   <a href="#">Comp Team - Junior</a>	2:30p - 3:15p   <a href="#">Stretch/Flexibility</a>
3:15p - 4p   <a href="#">Comp Team TBA</a>	3:15p - 5p   <a href="#">Private Lessons</a>

## SUNDAY

Studio A	Studio B
10:30a - 11:30a   <a href="#">Level 1-3</a>	<a href="#">Private Lessons</a>
11:30a - 12:30p   <a href="#">Aerial/BKHS (BEG-INT) - 8 week sessions</a>	
12:30p - 1:45p   <a href="#">Hand Balancing/Canes</a>	
1:45p - 3p   <a href="#">Aerial/BKHS (ADV) - 8 week sessions</a>	
3p - 5p   <a href="#">Comp Team TBA</a>	