

# 2024-2025 Class Schedule

## MONDAY

Studio A	Studio B
4p - 5:30p   Level 7+	5p - 5:45p   Mini Mites (3-5 yrs)
5:30p - 6:30p   Level 2-3	5:45p - 6:30p   Stretch & Strength
6:30p - 7:30p   Comp Team - MON Intermediate	6:45p - 7:30p   Stretch & Strength
7:30p - 9:30p   Acro Dance - Inter (Jazz & Ballet)	

## TUESDAY

Studio A	Studio B
4p - 5:15p   Level 4-5	5:30p - 6:15p   Stretch & Strength
5:30p - 6:30p   Level 2-3	6:30p - 7:15p   Stretch & Strength
6:30p - 7:45p   Level 4-7	
7:45p - 9p   Aerial/BKHS - ALL levels (sessional)	

## WEDNESDAY

Studio A	Studio B
4:30p - 5:30p   Level 2-3	1p - 1:45p   Mini Mites (3-5 yrs)
5:30p - 6:30p   Level Primary-1	5:30p - 6:15p   Mini Mites (3-5 yrs)
6:30p - 7:45p   Level 4-5	

## THURSDAY

Studio A	Studio B
2:45p - 4p   Level 3-5	4p - 4:45p   Stretch & Strength
4:30p - 6:15p   Level Pre Pro 1-3	7p - 7:45p   Stretch & Strength
6:15p - 7p   Comp Team - Senior	
7p - 8:30p   Level 7-8	
8:30p - 9:15p   Comp Team - THU Intermediate	

## FRIDAY

Studio A	Studio B
4:30p - 5:45p   Level 4-7	
5:45p - 6:30p   Comp Team - Pre Intermediate	

## SATURDAY

Studio A	Studio B
9a - 10:30a   Acro Dance - Mini & Pre Jr (Jazz & Ballet)	9:45a - 10:30a   Mini Mites (3-5 yrs)
10:30a - 11:15a   Comp Team - Mini	10:30a - 11:15a   Stretch & Strength
11:15a - 12p   Comp Team - Pre Junior	11:15a - 12p   Stretch & Strength
12p - 12:45p   Comp Team - Super Mini	12p - 12:45p   Stretch & Strength
12:45p - 1:45p   Level Primary-1	2:15p - 3p   Stretch & Strength
1:45p-3p   Level 4-5	3p - 3:45p   Stretch & Strength
3p - 3:45p   Comp Team - Junior	
3:45p - 5:15p   Acro Dance - Junior (Jazz & Ballet)	

## SUNDAY

Studio A
10a - 11a   Level 1-3 (10 wk session)   Sep 8 - Nov 17
11p - 12:15p   Aerial/BKHS - BEG (10 wk session)   Sep 8 - Nov 17
12:15p - 1:15p   Hand Balancing/Canes
1:15p - 2:30p   Aerial/BKHS - ADV* (10 wk session)   Sep 8 - Nov 17

\*Aerial/BKHS ADV - Prerequisite: Aerial and BKHS without spot and proper technique