

# 2024/25 Class Schedule

## Monday

Gym	Dance
4p - 5p    Adult FlexiFIT	
5p - 6:30p    Pre JR/JR Acro Tech [Lvl 3-5]	5:30p - 6:30p    XA Balancing FLEX [Lvl 6+]
6:30p - 7:30p    Aerial Arts: Silks 3/4	6:30p - 7:30p    Dance Team [JR]
7:30p - 8:30p    Aerial Arts: Silks 1/2	7:30p - 8:30p    Adult AcroFIT
8:30p - 9:30p    Adult AerialFIT	

## Tuesday

Gym	Dance
4p - 5p    Adult AerialFIT	
5p - 6p    Circus TRIX [6-10 yrs]	
6p - 8p    INT/ADV Acro Tech [Lvl 6 - PP1]	
8p - 9p    Adult AcroFIT	

## Wednesday

Gym	Dance
4:30p - 6:30p    XA Acro T.N.T [INT/ADV Age 12+]	
5:30p - 6:30p    Aerial Arts: Lyra 1/2	
6:30p - 7:30p    Aerial Arts: Lyra 3/4	6:30p - 8:30p    JR Acro Tech [Lvl 4-6]
7:30p - 8:30p    XA Balancing FLEX INT/ADV [Lvl 6+]	
8:30p - 9:30p    Circus TRIX [12+ yrs]	

## Thursday

Gym	Dance
4:15p - 5p    Circus TOTS [3-4 yrs]	
5p - 6p    Primary Acrobatic Arts [*4-6 yrs]	5p - 5:45p    Groovy TOTS [3-4 yrs]
6p - 7:30p    Pre JR Acro Tech [Lvl 2-4]	5:45p - 6:30p    Tumble TOTS [3-4 yrs]
	6:30p - 7:30p    Acro TRIX JR [6-10 yrs]
7:30p - 8:30p    Circus TRIX [9+ yrs]	7:30p - 8:30p    Stretch & FLEX [7+ yrs]

## Saturday

<b>Gym</b>	<b>Dance</b>
9:15a - 10a    Tumble TOTS [3-4 yrs]	9:15a - 10a    Family Circus [Caregiver & TOT]
10a - 11a    Primary Circus Arts [4*-6 yrs]	10a - 10:45a    Groovy TOTS [3-4 yrs]
11a - 11:45a    Circus TOTS [3-4 yrs]	10:45a - 11:45a    Acro TRIX [6-10 yrs]
12p - 1p    Circus TRIX [6-10 yrs]	12p - 1p    Primary Acro Dance [4*-6 yrs]
1p - 2p    Stretch & FLEX [7+ yrs]	1p - 2p    Acro Dance [6+ yrs]

## Sunday

<b>Gym</b>	<b>Dance</b>
10:30a - 11:30a    Aerial Arts [curriculum TBA]	
11:30a - 1p    XA Tumbling Tech [Lvl 4-8]	11:30a - 1p Pre JR Acro Tech [Lvl 2-4]
1p - 2p    Circus TRIX [6-10 yrs]	1p - 2p XA Dance Team [INT/ADV Lvl 6+]
2p - 4p    ADV Acro Tech PP1-3]	
4p - 5p    XA Open Gym [8+ yrs - Velocity Students Only]	

\*Invitation or coach assessment only for 4 year olds