

Fall 2023 Session Runs Aug 20 - Oct 28th

Please note the studio your class will be held in.

Studio B	Studio A	Studio B	Studio A	Studio B	Studio A
<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>	
10-10:45am <b>2.5-5yr</b> Preschool Gym					
2:00-3:30pm Open Workout		2:00-3:30pm Open Workout		2:00-3:30pm Open Workout	
3:50-4:50pm <b>5-6yr</b> Aerial Prep		4-5:15pm <b>9-11yr</b> Intro to Fabrics	4:15-5:30pm <b>10+yr</b> s Chinese Pole	3:50-4:50pm All Things Circus	3:50-5:05pm <b>9-11yr</b> Level 1
	4:15- 5:30 pm L4 Fabrics		4:00-5:15pm <b>8-14yrs</b> Intro/L1 Lyra	3:50-4:50pm <b>6-9 yr</b> Intro to Dance	4-5:00pm <b>7-8yr</b> L1-2 Fabrics
5:00-6pm <b>7-8yr</b> Aerial prep	5:40-6:55pm <b>Adult/Teen</b> L1/ L2 Trapeze		5:30-6:45pm <b>Teen</b> L1 Fabrics	5:15-6:30pm <b>12-16yr</b> Intro to Fabrics	5:05-6:20 <b>Teen/Adult</b> Intro/L1 Lyra
	5:30-6:45pm <b>Adult/Teen</b> L2/3 Lyra	5:30- 6:45pm <b>15yr +</b> Level 3 Fabrics	5:30-6:45pm <b>Adult/Teen</b> Chinese Pole	5:15-6:30pm <b>Adult/Teen</b> L2 Sling	5:10-6:25pm <b>11-15yr</b> Level 3 Fabrics
7:00-8:15pm Corde lisse (aerial Rope)	7:00-8:00pm Cyr Wheel Jam	6:00-8:00pm AcroYoga	7:00-8:00 pm <b>Adult/Teen</b> Flexibility	6:30-8:00pm Evolution Circus	6:45-8:00pm <b>Teen/Adult</b> Intro-L1 Trapeze
6:00-8:00pm Aerial Open Workout		6:30-8pm Aerial Open Workout			6:30-8pm Aerial Open Workout

Studio B	Studio A			
Thursday		Friday	Saturday	Sunday
10-10:45am <b>2.5-5yr</b> Preschool Gym			NEW CLASS!	
2:00-3:30pm Open Workout			10:30-11:45am <b>8-12yr</b> Intro to Aerials (lyra, sling, silks)	
4:00-5pm <b>5-8yr</b> Aerial Prep	3:50-5:05pm <b>9-11yr</b> L1-2 Fabrics		Private Lessons and	10:00-1:45pm Open Workout
	3:50-5:05pm <b>9-11yr</b> L2 Fabrics	4:00-5:00pm <b>6-8yr</b> Intro fabrics & L1	BIRTHDAY	12:45-1:45pm <b>Adult</b> Intro to Aerial
5:15-6:15pm <b>7-8yr</b> Aerial Prep	5:15-6:30pm <b>Teen</b> L1-2 Fabrics	4:30-5:45pm <b>12-16yr</b> L2 Fabrics	PARTIES!	2pm-3:30 pm The Next Evolution Adult perf troupe
	5:15-6:30pm <b>Teen</b> Level 2-3 Fabrics	5:45-7:00pm <b>Adult</b> L2 Fabrics		
6:45-7:45 Conditioning for Aerialists	6:45-8:00pm <b>Adult/Teen</b> Loop Straps			
6:30-8:30pm Aerial Open Workout	6:30-8:30pm Chinese pole Open Workout	5:00-6:45pm Aerial Open Workout		