

Winter 2 Performance session 2025

Winter 2 performance session. January 19th - March 13th, 2025										
Please note the studio your class will be held in.										
Studio B	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	
Sunday	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
	2.5-5yr Preschool Gym 10-10:45am						2.5-5yr Preschool Gym 10-10:45am			
ADULT all things circus club! 11:15am	Open Workout 2:00-3:30pm		2:00-3:30pm Open Workout		Open Workout 2:00-3:30pm		Open Workout 2:00-3:30pm			5-7yr Aerial Prep 10-11:00am
Open Workout 11:15am-3:30pm	5-8yr Aerial Prep 4:00-5:00pm	7-8 level 1 fabrics 4:15-5:15pm	7-8yr L1 Fabrics 4:15-5:15pm	10-14yrs Intro/L1 Lyra 4:10-5:25pm	Kids All Things Circus 4:10-5:25pm	7-8yr L1-2 Fabrics 4:15-5:30pm	5-8yr Aerial Prep 4:00-5pm	9-11yr L1 Fabrics 4:10-5:25pm	7-8yr Intro Fabrics 4:15-5:15pm	8-12yrs Level 1 Mixed Aerial 11:15a-12:30pm
		Level 4 aerial fabrics		9-11yr Intro to fabrics 4:10-5:25pm		9-11yr Level 1-2 Fabrics 4:10-5:25pm		Mini Evo 9-12yr performance troupe 4:00-5:15		
	5-8yr Aerial Prep 5:00-6:00pm	9-16yr L2-3 Fabrics 5:30-6:45pm		Teen 12-16yr Intro to fabrics 5:30-6:45pm	9-11yr L2 Fabrics 5:30-6:45pm	Level 3-4 Fabrics 5:30-6:45pm	5-8yr Aerial Prep 5:15-6:15pm	Teen 12 -16yr L2 Fabrics 5:30-6:45pm		BIRTHDAY PARTIES!!!
	yoga/dance room Flexibility 5:40-6:40 pm	Advanced Lyra 5:30-6:45pm	Adult Acro Yoga 6:00-8:00pm	9-11yr Intro/L1 to fabrics 5:30-6:45pm		Chinese Pole 5:30-6:45pm		Level 3 Fabrics 5:20- 6:35pm		
	Corde lisse (Aerial Rope) 7:00-8:15pm	Loop Straps 6:45-8:00pm		Adult L1 Fabrics 6:45-8pm		Adult Intro to fabrics 7:00-8:15pm	Adult L2 Fabrics 6:45-8:00pm	Intro/L1 Lyra 6:45-8:00pm		
		Aerial Open Workout 6:45-8:15pm		Aerial Open Workout 6:45-8pm	Evolution Circus 6:45-8:00pm	Aerial Open Workout 6:45-8:15pm	Open Workout 6:15-8:00pm	Hand Balancing 6:45-7:45		