

Winter 2023 session - Performance

January 15th through March 3rd; SHOW WEEK is March 5th through March 10th

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 A or B
Sunday	Monday		Tuesday		Wednesday		Thursday		Friday
	2.5-5yr 10-10:45am Preschool Gym				10-11:30am Open Bounce		2.5-5yr 10-10:45am Preschool Gym		10-11:30am Open Bounce
Adult 11:15am-12:30pm L1 Fabrics	2:00-3:30pm Open Workout		2:00-3:30pm Open Workout		2:00-3:45pm Open Workout				
12:30-1:40pm Open Workout	5-6yr 3:45-4:45pm Aerial Prep	9-11yr 3:50-5:10pm Intro to Fabrics	10-13yr 3:50-5:05pm Hand balance	9-13yr L1-2 Lyra 3:50-5:05pm	All Things Circus 3:50-5:05pm	6-8yr 3:50-4:50pm L2 Fabrics	5-6yr 4:00-5pm Aerial Prep	6-8yr 4:00-5:00pm L1 Fabrics	7-8yr 2:00-3:00pm Mountain Sage
Adult 1:45-2:45pm Aerial Sampler	7-8yr 5:00-6pm Aerial prep		9-13yr 5:15-6:30pm L3 Fabrics	9-13yrs 4-5:15pm Chinese Pole	9-11yr 3:50-5:05pm L1 fabrics	14-17yr 5:15-6:30pm L3 Fabrics	7-8yr 5:15-6:15pm Aerial prep	9-11yr 3:50-5:00pm L2 Fabrics	6-8yr 4:00-5:00pm Intro fabrics
	Hula Hoop Workshop 5:00-6:00pm ALL AGES	Adult/Teen 5:10-6:25pm Trapeze	L2-3 Sling 5:15-6:30pm	Adult/teen 5:30-6:45pm Chinese Pole	12-16yr 5:15-6:30pm Intro to Fabrics		12-16yr 5:15-6:30pm L1 Fabrics	12-16yr 5:15-6:30pm L2-3 Fabrics	
	Corde lisse 6:30-7:45pm (aerial Rope)	Adult/Teen 5:20-6:35pm L3 Lyra	Adult 6:00-8:00pm Acro class Jam	6:30-8:30pm Aerial Open Workout	6:30-8:00pm Evolution Circus	Adult/teen 6:45-8:00pm L1 Lyra	6:30pm Slackline and flow arts jam	Adult 6:45-8:00pm L2 Fabrics	12-16yr 5:15-6:30pm L2 Fabrics
	6:00-8:00pm Aerial Open Workout	Adult/Teen 6:45-8:00pm L2 Lyra	Loop straps 7:30-8:45pm	Adult/Teen 6:45-7:45pm Flexibility/conto		6:30-8pm Aerial Open Workout	6:30-8:30pm Aerial Open Workout	6:30-8:30pm Chinese pole Open Workout	5:00-6:30pm Aerial Open Workout
		6:30-8:00pm Chinese pole Open Workout		Cyr Wheel Class and Jam 7:00-8:30pm					