

## MDG Class Schedule

September 9, 2019 – June 10, 2020

Monday <i>Big</i> Classroom	Monday <i>Small</i> Classroom	Tuesday <i>Big</i> Classroom	Tuesday <i>Small</i> Classroom	Wednesday <i>Big</i> Classroom	Wednesday <i>Small</i> Classroom	Thursday <i>Big</i> Classroom	Thursday <i>Small</i> Classroom	Friday <i>Big</i> Classroom	Friday <i>Small</i> Classroom	Saturday <i>Big</i> Classroom	Saturday <i>Small</i> Classroom	Sunday <i>Both</i> Classrooms
Adult Aerial FIT <i>BEG + EXP</i> 9:15 – 10:15			Aerial Yoga (16+ years) 9:30 – 10:30					Adult Aerial FIT <i>BEG + EXP</i> 8:30 – 9:30		Adult Aerial Danz <i>BEG + EXP</i> 9:30 – 10:30	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (5 – 7 years) 9:30 – 10:30	Aerial Yoga (16+ years) 9:30 – 10:30
			Acro/Aerial Danz Mix B <i>BEG</i> (5 – 6 years) 10:30 – 11:30		Zumbini (0 - 4 years w/ caregiver) 10:30 – 11:15				Aerial Yoga (16+ years) 9:30 – 10:30	Acro/Aerial Danz Mix C <i>BEG</i> (7 – 9 years) 10:30 – 11:45	Acro/Aerial Danz Mix A <i>BEG</i> (4 – 5 years) 10:30 – 11:15	Acro/Aerial Danz Mix A <i>BEG</i> (4 – 5 years) 10:45 – 11:30
										Adult Hoop + Trap / Mixed Apparatus <i>EXP 1 + 2</i> 11:30 – 12:30	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (8 - 11 years) 11:15 – 12:30	Contemporary Acro Danz <i>BEG + EXP</i> (9+ years) 11:30 – 12:45
										Contortion (12+ years) 12:15 – 1:30	Ninja in Training <i>BOYS ONLY</i> (8 – 12 years) 12:30 – 1:30	Synergy Aerial <i>INVITE</i> (11–14 years) 12:45 – 2:00
Acro/Aerial Danz Mix C <i>BEG</i> (9 – 12 years) 4:45 – 6:00	Drama Club// Clowning Around 4:45 – 6:00	Aerial Silks w/ Trapeze A <i>EXP</i> (9 – 12 years) 5:00 – 6:00	Acro/Aerial Danz Mix B <i>BEG</i> (5 – 7 years) 5:00 – 6:00	Aerial Danz <i>INT + ADV</i> (Teen) 4:45 – 6:00	Zumbini (0 - 4 years w/ caregiver) 5:00 – 5:45	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 9 years) 5:00 – 6:15		Acro/Aerial Danz Mix C <i>BEG</i> (9 – 12 years) 5:00 – 6:15	CHISEL FLOW (13+ years) 5:00 – 6:00	Illusions of Flight <i>INVITE</i> (12+years) 1:30 – 2:30	Handstands + Flex <i>BEG</i> 1:30 – 2:30	Acro/Aerial Danz Mix C <i>BEG</i> (9 – 12 years) 12:45 – 2:00
Acro/Aerial Danz Mix C <i>EXP</i> (9 - 12 years) 6:00 – 7:15	Acro Danz <i>BEG</i> (9 -12 years) 6:00 – 7:00	Aerial Danz / Hoop + Trap <i>BEG + EXP</i> (10 -13 years) 6:00 – 7:00	Acro Fusion <i>INVITE</i> (9+ years) 6:00 – 7:15	Aerial Danz <i>BEG + EXP</i> (Teen) 6:00 – 7:00	Style <i>INVITE</i> (Teen) 6:00 – 7:15	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (8 - 10 years) 6:15 – 7:30	The Spark <i>INVITE</i> (8 – 11 years) 6:00 – 7:15	Adult Aerial Danz <i>EXP</i> 6:15 – 7:15	CHISEL FLOW (16+ years) 6:00 – 7:00	Momentum <i>INVITE</i> 2:30 – 6:00	Clowning Around (9+ years) 3:30 – 4:30	Birthday or Cooperate Parties <i>BY REQUEST</i> 2:00 – 4:00
Aerial Danz <i>EXP</i> (Teen) 7:00 – 8:00	Acro Danz <i>EXP</i> (9 -12 years) 7:00 – 8:00	Mixed Aerial Apparatus <i>INVITE</i> (14+ years) 7:00 – 8:15	Acro Danz <i>EXP</i> (Teen) 7:15 – 8:15	Aerial Danz <i>ADV INVITE</i> (14+ years) 7:00 – 8:15	Acro Fusion <i>EXP</i> (Teen) 7:15 – 8:15	Hoop & Trap <i>BEG + EXP</i> (16+ years) 7:30 – 8:30	Synergy <i>INVITE</i> (11-14 years) 7:15 – 8:30	Open Practice (16+ years) 7:15 – 8:30	Aerial Yoga (16+ years) 7:15 – 8:15 (Pre-register)			Sport Acro (9+ years) 5:30 – 7:30
MDG Exploration Series (13+ years) 8:00 – 9:15	Danz Fusion <i>INVITE</i> (Teen) 8:00 – 9:15	Aerial Danz <i>BEG</i> (Teen) 8:15 – 9:15	Momentum Training <i>INVITE</i> 8:15 – 9:15	Adult Aerial Danz <i>BEG + EXP</i> 8:15 – 9:15	Handstands + Flex <i>EXP</i> 8:15 – 9:15	Adult Aerial Danz <i>INT</i> 8:30 – 9:30	CHISEL FLOW (10+ years) 8:30 – 9:15					Aerial Yoga (16+ years) 5:30 – 6:30 (Pre-register)

**NOTE:** Schedule subject to change. Select classes will begin in January of 2020. Contact us at [director@monicasdanzgym.com](mailto:director@monicasdanzgym.com) or call (204) 261-8890 to pre-register.