

MDG Class Schedule
September 14, 2020 – June 19, 2021

Monday <i>Big Classroom</i>	Monday <i>Small Classroom</i>	Tuesday <i>Big Classroom</i>	Tuesday <i>Small Classroom</i>	Wednesday <i>Big Classroom</i>	Wednesday <i>Small Classroom</i>	Thursday <i>Big Classroom</i>	Thursday <i>Small Classroom</i>	Friday <i>Big Classroom</i>	Friday <i>Small Classroom</i>	Saturday <i>Big Classroom</i>	Saturday <i>Small Classroom</i>	Sunday <i>Both Classrooms</i>
Adult Aerial FIT <i>BEG + EXP</i> 9:15 – 10:15			Aerial Yoga (16+ years) 9:30 – 10:30				Aerial Yoga (16+ years) 8:00 – 9:00			Adult Aerial Danz <i>BEG + EXP</i> 9:05 – 10:05	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (5 – 7 years) 9:25 – 10:25	Aerial Yoga (16+ years) 9:30 – 10:30
		Homeschool Acro / Aerial Mix 10:30 – 11:30							Aerial Yoga <i>EXP</i> (16+ years) 9:30 – 10:30	Acro/Aerial Danz Mix C <i>BEG</i> (9 – 12 years) 10:15 – 11:30	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (7 – 8 years) 10:30 – 11:30	
										Adult Aerial Danz / Hoop + Trap <i>EXP 1 + 2</i> 11:30 – 12:30	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (7 - 8 years) 11:30 – 12:30	
										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	Le Petit Cirque (2 – 4 years) 5:00 – 5:45	Aerial Silks w/ Trapeze A <i>EXP</i> (9 – 12 years) 4:55 – 5:55	Aerial Style <i>EXP</i> (9 – 13 years) 4:55 – 5:55	Aerial Danz <i>INT + ADV</i> (Teen) 4:45 – 6:00		Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 9 years) 4:55 – 6:10	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (9 – 12 years) 4:55 – 5:55	Acro/Aerial Danz Mix <i>For dancers</i> (9 – 12 years) 4:45 – 6:15	CHISEL FLOW (13+ years) 5:00 – 6:00	Aerial Mixed Apparatus <i>INVITE</i> (teen) 1:30 – 2:30	Handstands + Flex <i>BEG</i> 1:30 – 2:30	Acro/Aerial Danz Mix C <i>BEG</i> JANUARY 12:45 – 2:00
Acro/Aerial Danz Mix C <i>EXP</i> (9 - 12 years) 6:00 – 7:15	Drama Club (7 – 12 years) 5:50 – 6:50	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	Handstands + Flex <i>BEG</i> 6:10 – 7:10	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (8 - 10 years) 6:15 – 7:30	Acro Danz <i>BEG + EXP</i> (8 – 11 years) 6:00 – 7:00	Adult Aerial Danz <i>EXP</i> 6:20 – 7:20		Momentum <i>INVITE</i> 2:30 – 6:00	Clowning Around (9+ years) 3:35 – 4:35	
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>BEG + 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) 7:05 – 8:20	Open Practice (16+ years) 7:20 – 8:30				
Hoop + Trap <i>EXP</i> (Adult) 8:15 – 9:15	Danz Fusion <i>INVITE</i> (Teen) 8:00 – 9:15	Aerial Danz <i>BEG</i> (Teen) 8:20 – 9:20	Momentum Training <i>INVITE</i> 8:15 – 9:15	Adult Aerial Danz <i>BEG + EXP</i> 8:25 – 9:25		Adult Aerial Danz <i>INT</i> 8:30 – 9:30	Synergy Chisel Flow (10+ years) 8:25 – 9:25					

NOTE: Schedule subject to change. Select classes will begin in January of 2021. Contact us at director@monicasdanzgym.com or call (204) 261-8890 to pre-register.