

## MDG Class Schedule

September 12, 2022 – June 10, 2023

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 <i>EXP</i> (16+ years) 9:15 – 10:15	Adult Aerial Silks <i>BEG + EXP</i> 9:15 – 10:15	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (5 – 7 years) 9:15 – 10:15	Aerial Yoga (16+ years) 9:30 – 10:30
										Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 9 years) 10:30 – 11:45		
										Contortion (12+ years) 11:45 – 1:00	Handstands + Flex <i>BEG</i> (9 – 11 years) 11:45 – 12:45	
										Ninja in Training <i>BEG + EXP</i> (8 – 12 years) 1:00 – 2:15		The Pulse <i>INVITE</i> (Teen) 12:45 – 2:00
	Drama Club (7 – 12 years) 4:30 – 5:30	Aerial Silks w/ Trapeze <i>EXP</i> (10+ years) 5:00 – 6:00	Aerial Style <i>EXP</i> (11+ years) 4:50 – 5:50	Synergy Aerial <i>INT INVITE</i> (Teen) 5:00 – 6:00	Le Petit Cirque (3 – 5 years) 5:00 – 5:45	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 8 years) 4:50 – 6:05	Acro/Aerial Danz Mix B <i>BEG</i> (5 – 7 years) 4:50 – 5:50	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (8 – 11 years) 5:00 – 6:15	CHISEL FLOW (13+ years) 5:00 – 6:00	Momentum <i>INVITE</i> 2:30 – 6:00	Momentum <i>INVITE</i> 2:30 – 6:00	The Pulse Aerial Silks <i>INVITE</i> (Teen) 2:05 – 3:20
Acro/Aerial Danz Mix C <i>EXP</i> (9 - 12 years) 5:30 – 6:45	Le Petit Cirque (3 – 5 years) 5:35 – 6:20	Danz Fusion Aerial Silks <i>INVITE</i> (TEEN) 6:10 – 7:10	Synergy <i>INVITE</i> (9+ years) 6:00 – 7:15	Aerial Silks <i>BEG + EXP</i> (Teen) 6:00 – 7:00	Drama Club <i>TEEN</i> (12 – 17 years) 6:00 – 7:00	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (9 – 12 years) 6:15 – 7:30	Acro Danz <i>INVITE</i> (8 – 10 years) 6:00 – 7:00	Acro/Aerial Danz Mix <i>For dancers</i> (13+ years) 6:00 – 7:15				Party Bookings Special Training Private Lessons 3:30 – 5:30
Acro/Aerial Mix TEEN (13 – 17 years) 6:45 – 8:00	Acro Danz <i>BEG</i> (6 – 8 years) 6:30 – 7:30	Aerial Silks/ Hoop + Trap <i>BEG + EXP</i> (Teen) 7:15 – 8:15	Danz Fusion <i>INVITE</i> (Teen) 7:15 – 8:30	Mixed Aerial Apparatus <i>ADV INVITE</i> (14+ years) 7:10 – 8:25	Acro Fusion <i>BEG + EXP</i> (Teen) 7:05 – 8:05	Hoop + Trap <i>EXP</i> (13+ years) 7:30 – 8:30	Aerial Yoga (16+ years) 7:15 – 8:15	Adult Aerial Silks <i>EXP</i> 6:45 – 7:45				
Hoop + Trap <i>EXP</i> (Teen + Adult) 8:10 – 9:10	Acro Danz <i>BEG + EXP</i> (Teen) 8:10 – 9:10	Aerial Silks <i>ADV INVITE</i> (14+ years) 8:15 – 9:30	Cyr Wheel Training <i>INVITE</i> 8:30 – 9:30	Adult Aerial Silks <i>BEG + EXP</i> 8:20 – 9:20	Show Danz <i>BEG + EXP</i> (11+ years) 8:10 – 9:10	Open Practice <i>EXP – ADV</i> (13+ years) 8:00 – 9:00						

**NOTE:** Schedule subject to change. Contact us at [director@monicasdanzgym.com](mailto:director@monicasdanzgym.com) or call (204) 261-8890 to pre-register.