

MDG Class Schedule

September 11, 2023 – June 12, 2024

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 Flow <i>EXP</i> (16+ years) 9:30 – 10:30	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		Aerial Yoga (16+ years) 10:45 – 11:45	
										Contortion (12+ years) 11:45 – 1:00	Handstands + Flex <i>BEG</i> (9 – 11 years) 11:45 – 1:00		
		The Spark Aerial <i>INVITE</i> 5:00 – 6:00									Ninja in Training <i>BEG + EXP</i> (8 – 12 years) 1:00 – 2:15	Silks + Stretch TEEN (B) (12 – 17 years) 1:00 – 2:15	
	Le Petit Cirque (3 – 5 years) 4:45 – 5:30	Hoop + Trap (Teen) 5:00 – 6:00	Aerial Style <i>EXP</i> (11+ years) 4:50 – 5:50	Synergy Aerial <i>INT INVITE</i> (Teen) 5:00 – 6:15		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> (9 – 12 years) 5:00 – 6:15	Aerial Style TEEN (13+ years) 4:50 – 5:50	Momentum <i>INVITE</i> 2:30 – 6:00	Momentum <i>INVITE</i> 2:30 – 6:00	Specialty Training <i>INVITE</i> 2:15 – 3:30	
Acro/Aerial Danz Mix C <i>EXP</i> (9 – 12 years) 5:30 – 6:45	Acro/Aerial Mix Danz B <i>BEG</i> (6 – 8 years) 5:35 – 6:35	Aerial Silks w/ Trapeze <i>EXP</i> (10+ years) 6:00 – 7:00	Synergy <i>INVITE</i> (9+ years) 6:00 – 7:15	Danz Fusion Aerial Silks <i>INVITE</i> (TEEN) 6:00 – 7:15	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	The Spark <i>INVITE</i> (8 – 10 years) 6:00 – 7:15	Acro/Aerial Danz Mix <i>For dancers</i> (13+ years) 6:00 – 7:30				Party Bookings Special Training Private Lessons 3:30 – 5:30	
Acro/Aerial Mix TEEN (13 – 17 years) 6:45 – 8:00	Handstands + Flex <i>BEG</i> (8+ years) 6:40 – 7:40	Acro Aerial Mix C TEEN <i>BEG/EXP</i> 7:00 – 8:15	Danz Fusion <i>INVITE</i> (Teen) 7:15 – 8:30	Mixed Aerial Apparatus w/ Liz <i>INT</i> (14+ years) 7:15 – 8:30	Silks + Stretch TEEN (B) (12 – 17 years) 7:00 – 8:15	Hoop + Trap <i>EXP</i> (13+ years) 7:30 – 8:30	Stretch with Anna (Teen) 7:30 – 8:30	Adult Aerial Silks w/ Jayme <i>EXP/INT</i> 6:45 – 7:45					
Hoop + Trap/ Adult Aerial Silks <i>EXP</i> (Teen + Adult) 8:10 – 9:10	Acrobatic Movement Exploration Lab <i>INVITE</i> 7:45 – 8:45	Aerial Silks <i>ADV INVITE</i> (14+ years) 8:00 – 9:15		Mixed Aerial Apparatus w/ Anna <i>ADV</i> (14+ years) 8:15 – 9:30		Adult Aerial Silks <i>EXP</i> 7:30 – 8:30		Adult Acro <i>BEG + EXP</i> (16+ years) 7:50 – 8:50					

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