

MDG Class Schedule
September 15, 2025 – June 10, 2026

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> (16+ years) 9:30 – 10:30		Aerial Yoga Flow (16+ years) 9:30 – 10:30
										Adult Hoop & Trapeze <i>BEG/EXP</i> (16+ years) 9:30 – 10:30		
										Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 9 years) 10:30 – 11:45	Aerial Yoga <i>ALL LEVEL</i> (16+ years) 10:30 – 11:30	Adult Beginner Aerial Silks <i>SESSION</i> (16+ years) 11:00 – 12:00
				Synergy Silks <i>INVITE</i> (Teen) 5:00 – 6:15				Adult Beginner Aerial Silks <i>SESSION</i> 5:15 – 6:15		Ninja in Training <i>BEG + EXP</i> (8 – 12 years) 11:45 – 1:00	Contortion (12+ years) 11:45 – 1:00	Acro/Aerial Danz Mix C <i>BEG SESSIONS</i> (9 – 12 years) 1:00 – 2:15
Acro/Aerial Danz Mix C <i>EXP INVITE</i> (9 - 12 years) 5:15 – 6:45	Acro/Aerial Mix Danz B <i>BEG</i> (5 – 7 years) 5:30 – 6:30	Aerial Silks <i>ADV INVITE</i> (14+ years) 5:00 – 6:15	Synergy <i>INVITE</i> (10+ years) 5:00 – 6:15	The Pulse Silks <i>INVITE</i> (Teen) 5:00 – 6:15			Le Petite Cirque <i>SESSIONS</i> (3 – 5 years) 5:15 – 6:00	Acro/Aerial Mix C Silks & Trapeze <i>BEG + EXP</i> (9 – 12 years) 5:00 – 6:15	Aerial Style TEEN (13+ years) 5:00 – 6:00	Mixed Aerial Apparatus <i>EXP TEEN</i> (13+ years) 1:00 – 2:15	Cyr Wheel Training <i>INVITE</i> 1:00 – 2:15	Workshops <i>Info to come</i> (Teen + Adult) 1:00 – 2:30
Acro/Aerial Mix TEEN (13 – 17 years) 6:45 – 8:00	Handstands, Flex + Acro <i>BEG</i> (8 – 12 years) 6:35 – 7:35	Impakt Acro Aerial Mix C <i>INVITE</i> (10+ years) 6:15 – 7:30	The Pulse <i>INVITE</i> (14+ years) 6:15 – 7:30	Acro Fusion Silks <i>EXP</i> (Teen) 6:15 – 7:15	Silks & Acro <i>BEG + EXP</i> (9 – 12 years) 5:45 – 7:00	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 8 years) 4:50 – 6:05	Acro/Aerial Danz Mix B <i>SESSIONS</i> (5 – 7 years) 5:00 – 6:00	Adult Aerial Silks w/ Jayme <i>INT</i> 6:15 – 7:15	Teen Silks + Hammocks (13+ years) 6:30 – 7:45	Momentum <i>INVITE</i> 2:30 – 6:00	Momentum <i>INVITE</i> 2:30 – 6:00	Party Bookings Special Training Private Lessons 3:30 – 5:30
Adult Aerial Silks <i>EXP</i> 8:05 – 9:05	Cyr Wheel Training <i>INVITE</i> 7:45 – 8:45	Silks + Stretch <i>EXP TEEN</i> (13+ years) 7:15 – 8:30	Chisel Flow <i>EXP</i> (12+ years) 7:30 – 8:30	Mixed Aerial Apparatus (14+ years) 7:00 – 8:15	Acro Fusion <i>EXP</i> (Teen) 7:15 – 8:15	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (9 – 12 years) 6:10 – 7:25	Aerial Yoga <i>BEG</i> (16+ years) 6:15 – 7:15	Silks & Acro <i>EXP TEEN</i> (13+ years) 7:00 – 8:30				
Hoop + Trap <i>EXP</i> (Teen) 8:05 – 9:05			Cyr Wheel Training <i>INVITE</i> 8:30 – 9:30	Adult Aerial Silks <i>BEG + EXP</i> 8:15 – 9:15	Aerial Yoga <i>BEG</i> (16+ years) 8:30 – 9:30	Hoop + Trap <i>EXP TEEN</i> (13+ years) 7:30 – 8:30	Handstands + Hammocks (13+ years) 7:30 – 8:30					

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