

Schedule for November 2025

*contact first to confirm availability

Monday

3:00 Level 2 ages 4-7
3:00 Pre Team(3 hours)
4:00 Competitive Team
4:00 Ninja Co-Ed 8+
5:00 Ninja Co-Ed 7+
6:00 Level 2 ages 4-8 yrs
6:00 Ninja Co-Ed 10+ yrs (Lvl 3)
7:00 Intermediate Aerial Silks
7:00 Strength Training Lab

Tuesday

3:00 Competitive Team
4:00 Level 3 (2 hour)
6:00 Beginning Aerial Silks
6:00 Level 2 ages 9+
6:00 Level 3 (1 hour)
7:00 Advanced Aerial Silks
7:00 Level 1 (8+)

Wednesday

3:00 Competitive Team
4:00 Mini Ninja ages 3-6
5:00 Jr. Ninja ages 5-8
5:00 Level 1 ages 4-7
6:00 Level 1 ages 4-8
6:00 Mini Ninja age 3-5
7:00 Level 2 ages 8+ **TBA**
7:00 Ninja 8+ **TBA**

Thursday

3:00 Pre Team (3 hours)
4:00 Level 1 ages 4-7
5:00 Level 2 ages 8+
6:00 Level 2 ages 4-7
6:00 Level 1 ages 5-8
6:00 Beginning Aerial Silks
7:00 Adult Aerial Silks 18+
7:00 Tumbling 7+

Friday

9:00 Parent & Me class
10:00 Level 1 ages 3-6
3:00 Level 1 ages 3-6
4:00 Team
4:00 Ninja Co-Ed ages 6-8
5:00 Level 2 Gymnastics ages 4-7
5:00 Ninja Co-Ed ages 9+
6:00 Level 1 ages 7-10

Saturday

9:00-12:00 Competitive Team
& Pre-Team