

## MDG Class Schedule

### September 16, 2024 – June 11, 2025

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) 9:15 – 10:15	Acro/Aerial Danz Mix B <i>BEG + EXP</i> (5 – 7 years) 9:15 – 10:15	Aerial Yoga Flow (16+ years) 9:30 – 10:30
										Adult Hoop & Trapeze <i>BEG/EXP</i> (16+ years) 9:15 – 10:15	Acro/Aerial Danz Mix C <i>BEG + EXP</i> (7 – 9 years) 10:30 – 11:45	Aerial Yoga <i>BEG</i> (16+ years) 10:40 – 11:40
										Contortion (12+ years) 11:45 – 1:00	Acro/Aerial Danz Mix C <i>BEG</i> (8 – 12 years) 11:45 – 1:00	
										Ninja in Training <i>BEG + EXP</i> (8 – 12 years) 1:00 – 2:15		Acro/Aerial Danz Mix C <i>BEG</i> (8 – 11 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 w/ Trapeze <i>EXP</i> (9+ years) 5:00 – 6:00	Synergy <i>INVITE</i> (10+ years) 5:00 – 6:15	The Pulse Silks <i>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 Mix C Silks & Trapeze <i>BEG + EXP</i> (9 – 12 years) 5:00 – 6:15		Momentum <i>INVITE</i> 2:30 – 6:00	Momentum <i>INVITE</i> 2:30 – 6:00	Aerial Circuit Training <i>ALL LEVELS</i> (Teen + Adult) 2:15 – 3:30
Acro/Aerial Mix TEEN (13 – 17 years) 6:45 – 8:00	Acro Danz <i>BEG</i> (6 – 8 years) 6:35 – 7:35	Synergy Aerial <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) 6:00 – 7:15	Silks & Acro <i>BEGINNER</i> (9 – 12 years) 5:45 – 7:00	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	Adult Aerial Silks w/ Jayme <i>INT</i> 6:15 – 7:15	Aerial Style TEEN (13+ years) 5:00 – 6:00			Party Bookings Special Training Private Lessons 3:30 – 5:30
Adult Aerial Silks <i>EXP</i> 8:05 – 9:05	Handstands + Flex <i>BEG</i> (8 – 12 years) 6:45 – 7:45	Mixed Aerial Apparatus (14+ years) 7:15 – 8:30	Chisel Flow <i>EXP</i> (12+ years) 7:30 – 8:30	Silks + Stretch (11 – 14 years) 7:00 – 8:15	Acro Fusion <i>EXP</i> (Teen) 7:15 – 8:15	Hoop + Trap <i>EXP TEEN</i> (13+ years) 7:30 – 8:30		Silks & Acro <i>EXP TEEN</i> (13+ years) 6:30 – 8:00	Aerial Yoga Relax (16+ years) 7:15 – 8:15			
Hoop + Trap <i>EXP</i> (Teen) 8:05 – 9:05	Cyr Wheel Training <i>INVITE</i> 8:15 – 9:00		Cyr Wheel Training <i>INVITE</i> 8:30 – 9:15	Aerial Silks <i>ADV INVITE</i> (14+ years) 8:15 – 9:30	Cyr Wheel Training <i>INVITE</i> 8:15 – 9:00	Aerial Silks <i>EXP</i> (Teen + Adult) 7:30 – 8:30		Aerial Silks + Hoop (Teen) 7:15 – 8:15				

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