

April

2025

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Weekly Theme: Earth • Grounded	6pm Levitations 3.6	5:30pm Liquid Motion B.1	6pm Foundations 2.6	Closed	5:30pm Pop-In & Play	Closed
	7:15pm Inversions 5.6	6:45pm Foundations 1.1	7:15pm Levitations 4.6		6:45pm Levitations 3.1	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Pop-In & Play	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		Gym	
		9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play		8:30pm Inversions 6.1	
			9:30pm AfterHrsOpenPrac		9:30pm AfterHrsOpenPrac	
6	7	8	9	10	11	12
Closed	6pm Liquid Motion A.1	5:30pm Pop-In & Play	6pm Inversions 5.1	Closed	5:30pm Elevations INT	9:30am Pop-In & Play
Weekly Theme: Bright • Energetic	7:15pm Levitations 4.1	5:30pm Elevations BEG	7:15pm Foundations 2.1	Kotc	5:30pm Pop-In & Play	10:45am PreReq Pole Intro
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.2	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.2	
		8pm Pop-In & Play			Gym	
		8pm Elevations INT			8:30pm Inversions 6.2	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac		9:30pm AfterHrsOpenPrac	
13	14	15	16	17	18	19
Closed	6pm Liquid Motion A.2	5:30pm Pop-In & Play	6pm Inversions 5.2	Closed	5:30pm Liquid Motion A.2	6pm Pop-In & Play
Weekly Theme: Purple • Lively	7:15pm Levitations 4.2	5:30pm Elevations INT	7:15pm Foundations 2.2	Tricksters	5:30pm Pop-In & Play	7:15pm Heel Appeal BEG
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.3	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.3	8:15pm AfterHrsOpenPrac
		8pm Pop-In & Play			Gym	
		8pm Elevations BEG			8:30pm Inversions 6.3	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac		9:30pm AfterHrsOpenPrac	
20	21	22	23	24	25	26
Closed	6pm Liquid Motion A.3	5:30pm Pop-In & Play	Closed	5:30pm PreReq Pole Intro	5:30pm Liquid Motion A.3	Closed
Weekly Theme: Yellow/Gold • Beams	7:15pm Levitations 4.3	5:30pm Elevations INT	Skate night	6:45pm Heel Appeal BEG	5:30pm Pop-In & Play	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.4		8pm Elevations BEG	6:45pm Levitations 3.4	
		8pm Pop-In & Play		8pm Pop-In & Play	Gym	
		8pm Elevations INT		9pm AfterHrsOpenPrac	8:30pm Inversions 6.4	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play		9:30pm AfterHrsOpenPrac		
27	28	29	30	1	2	3
Closed	6pm Liquid Motion A.4	5:30pm Pop-In & Play	6pm Inversions 5.3			
Weekly Theme: Grey • Rain	7:15pm Levitations 4.4	5:30pm Elevations BEG	7:15pm Foundations 2.3			
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.5	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)			
		8pm Pop-In & Play				
		8pm Elevations INT				
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac			