Youth Session Classes

$210/$310/$410 for 11 once-a-week 55/85/115-minute classes

Ages

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Daytime Circus Explorers
Ages 0-5
55 min
Wednesdays 12:30pm

Circus Explorers
Ages 1.5-3
55min
Saturdays 9am

Circus Navigators
Ages 4-6
55min
Thursdays 4pm

Adventures in Circus
Ages 4-6
55min
Mondays 4pm
Tuesdays 4pm
Tuesdays 5pm
Wednesdays 4pm
Saturdays 9am
Saturdays 10am
Saturdays 11am
Saturdays noon

My Grown-Up
And Me
Ages 2.9-5
55 min
$310
Saturdays 10am

Voyages in Circus
Ages 4-6
55min
Mondays 5pm
Tuesdays, 4pm
Saturdays 8:30am

Daytime Youth Circus
Ages 6-12
55 min
Wednesdays 1:30pm

Youth Circus 101
55min
Ages 7-9
Tuesdays 5pm
Wednesdays 5pm

Youth Circus 101
55min
Ages 7-12
Saturdays 9:30am

Youth Circus 101
55min
Ages 10-12
Wednesdays 4pm

Youth Ground Skills
Ages 7-12
55 min
Thursdays 4pm

Youth Circus 201
Ages 7-12
55min
Mondays 4pm
Wednesdays 5pm
Saturdays, 11am

Youth Circus 250
Ages 7-12
55min
Mondays 5pm
Thursdays 5pm

Youth Circus 301
Ages 7-12
85 min
Thursdays, 4:30pm
Saturdays, 10:30am

Gutsy Gals
Ages 11-14
85 min
Thursdays 6pm

Ringmasters Training Program
Ages 8-13
55 min
Thursdays 5pm

Youth Circus 401
Ages 8-15
115 min
Thursdays 3pm

Youth Circus 501 (Aerials)
Ages 8-15
115 min
Wednesdays 4pm

Youth Circus 501 (Ground)
Ages 8-15
85 min
Mondays 4:30pm

Teen Circus
Ages 12-16
85 min
Thursdays 4:30pm

Teen Performance Preparation
Ages 13-18
115 min
Tuesdays 5:30pm
## Adult Session Classes | Ages 16+

See Requirements Online Before Enrolling

$210/$310/$410 for 11 once-a-week 55/85/115-minute classes

Classes 85 minutes unless otherwise noted

*Drop-ins available, $22/$28 for one 55/85 min class

### Beginner/All Level

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Aerials 101</td>
<td>Mondays 7:30pm, Thursdays 6pm</td>
</tr>
<tr>
<td>Mixed Aerials 101 Express</td>
<td>(55 min), Wednesdays 2:30pm</td>
</tr>
<tr>
<td>Circus Flex*</td>
<td>(55 min), Wednesdays 5pm</td>
</tr>
<tr>
<td>Mini-tramp and Shenanigans*</td>
<td>Wednesdays 6pm</td>
</tr>
<tr>
<td>Handstands and Inversions 101*</td>
<td>(55 min), Mondays 8pm</td>
</tr>
<tr>
<td>Tumbling 101*</td>
<td>Thursdays 7:30pm</td>
</tr>
</tbody>
</table>

### Intermediate

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Aerials 201</td>
<td>Mondays 6pm, Saturdays noon</td>
</tr>
<tr>
<td>Mixed Aerials 201 Express</td>
<td>(55 min), Wednesdays 6pm</td>
</tr>
<tr>
<td>Fabric 201</td>
<td>Wednesdays 6pm, Thursdays 6pm</td>
</tr>
<tr>
<td>Lyra 201</td>
<td>Wednesdays 6pm</td>
</tr>
<tr>
<td>Trapeze 201</td>
<td>Mondays 6pm, Tuesdays 6pm</td>
</tr>
<tr>
<td>Handstands and Inversions 201</td>
<td>(55 min), Mondays 7:30pm</td>
</tr>
<tr>
<td>Partner Acrobatics 101*</td>
<td>Wednesdays 7:30pm</td>
</tr>
<tr>
<td>Tumbling 201</td>
<td>Tuesdays 6pm</td>
</tr>
</tbody>
</table>

### Advanced

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Aerial Lab*</td>
<td>(200+), Saturdays 2pm</td>
</tr>
<tr>
<td>Aerial Straps</td>
<td>(300+), Tuesdays 7:30pm</td>
</tr>
<tr>
<td>Fabric 301</td>
<td>Thursdays 7:30pm</td>
</tr>
<tr>
<td>Aerial Cube</td>
<td>(300+), Wednesdays 7:30pm</td>
</tr>
<tr>
<td>Fabric 350</td>
<td>Mondays 6pm</td>
</tr>
<tr>
<td>Lyra 401</td>
<td>Tuesdays 7:30pm</td>
</tr>
<tr>
<td>Lyra 501</td>
<td>Tuesdays 6pm</td>
</tr>
<tr>
<td>Trapeze 301</td>
<td>Thursdays 7:30pm</td>
</tr>
<tr>
<td>Adult Performance Troupe</td>
<td>(115 min), (400+), Wednesdays 6pm</td>
</tr>
<tr>
<td>Dance Trapeze</td>
<td>(300+)</td>
</tr>
</tbody>
</table>

## Adult Fitness Classes | Ages 16+ | $210 for 11 once-a-week 55-minute classes

*Drop-ins available, $22 for one 55-min class

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circus Fit*</td>
<td>Mondays 7pm, Tuesdays 5pm</td>
</tr>
<tr>
<td>Circus Fit* Beast Mode (300+)</td>
<td>Wednesdays 8pm, Saturdays 1:30pm</td>
</tr>
</tbody>
</table>

## Drop-in Jams | $10

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juggle Jam Ages 7+</td>
<td>Mondays, 6-6:55pm</td>
</tr>
<tr>
<td>Balance Jam 7+ unicycling, 12+ stilt walking</td>
<td>Thursdays 6-7:25pm, Saturdays, 2-2:55pm</td>
</tr>
</tbody>
</table>

## Student Practice Time (see website for times) | 16+

$10 per Student Practice Time or $80 for monthly pass (20 visits)