

Supernova Acro Class Schedule 2025-2026

MONDAY

Studio A	Studio B
4p - 5:15p Level 3-4	4p - 4:45p Private
5:15p - 6p Elite Team - Junior	4:45p - 5:30p Private
6p - 7p Level Primary-2	5:30p - 6:15p Mini Mites (3-5 yrs)
7p - 8:15p Level 5-7	6:15 - 7p Stretch & Strength
8:15p - 9p Elite Team - Pre-Intermediate	7p - 7:45p Stretch & Strength
	7:45p - 8:30p Private

TUESDAY

Studio A	Studio B
4:15p - 5:15p Level 1-3 (Age 6-7)	4:30p - 5:15p Mini Mites (3-5 yrs)
5:15p - 6p Competitive Team - Mini	5:15p - 6p Stretch & Strength
6p - 7p Level 1-3 (Age 8+)	6p - 6:45p Stretch & Strength
7p - 7:45p Competitive Team - Pre Junior	7p - 7:45p Private
7:45p - 9p Level 6+	

WEDNESDAY

Studio A	Studio B
4p - 5:15p Level 3-6	5:30p - 6:15p Mini Mites (4-5 yrs)
5:15p - 6:15p Ballet - Junior	6:30p - 7:15p Stretch & Strength
6:15p - 7:15p Jazz - Junior	
7:15p - 8:15p Jazz - Pre-Intermediate	

THURSDAY

Studio A	Studio B
2:45p - 4p Level 3-5	4:15p - 5p Stretch & Strength
4p - 5:45p Level 8+	5p - 5:45p Private
5:45p - 6:30p Elite Team - Senior	5:45p - 6:30p Stretch & Strength
6:30p - 7:45p Level 4-7	6:30p - 7:15p Stretch & Strength
7:45p - 8:30p Competitive Team - Junior & Pre-Intermediate	

FRIDAY

Studio A	Studio B
4p - 5:45p Level 7+	5:45p - 6:30p Private
5:45p - 6:30p Elite Team - Intermediate & Pre-Senior	6:30p - 7:15p Stretch & Strength
6:30p - 7:30p Contemp & Quality of Movement - Inter & Pre-Senior	

SATURDAY - Supernova Acro Studio

Studio A	Studio B
9:45a - 10:45a Level Primary-2	9a - 9:45a Mini Mites (3-5yrs)
10:45a - 11:30a Competitive Team - Super Mini	10a - 10:45a Stretch & Strength
11:30a - 12:30p Primary Acro Combo	11:45a - 12:30p Stretch & Strength
12:30p - 1:30p Level 3-5	12:45p - 1:30p Stretch & Strength
1:30p - 2:30p Contemporary & Quality of Movement - Junior & Pre-Inter	
2:30p - 3:30p Ballet - Pre-Intermediate	
3:30p - 4:45p Aerial & Back Handspring (Full Year)	

SATURDAY - The Stu (9418 62 Avenue NW | 5 min from Supernova)

These classes only for dancers who <u>do not</u> attend dance class at another studio
Location: The Stu (9418 62 Avenue NW)
10:45a - 11:30a Ballet - Mini & Pre-Junior
11:30a - 12:15p Jazz - Mini & Pre-Junior
12:15p - 1:15p Jazz - Intermediate & Pre-Senior
1:15p - 2:15p Ballet - Intermediate & Pre-Senior

SUNDAY

Studio A
11a - 12p Aerial BKHS (Sessional Sep - Nov)
12p - 1:15p Hand Balancing & Canes
1:15p - 2:15p Back Tuck/Back Layout & Aerial (Sessional Sep - Nov)**

****BTBL & Aerial Prerequisite: Roundoff Back Handspring with proper technique**