

Supernova Acro Class Schedule 2025-2026

MONDAY

| Studio A | Studio B |
|--|-----------------------------------|
| 4p - 5:15p Level 3-4 | 4:30p - 5:15p Private |
| 5:15p - 6p Elite Team - Junior | 5:15p - 6p Mini Mites (3-5 yrs) |
| 6p - 7p Level Primary-2 | 6:15 - 7p Stretch & Strength |
| 7p - 8:15p Level 5-7 | 7p - 7:45p Stretch & Strength |
| 8:15p - 9p Elite Team - Pre-Intermediate | 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 | 11:45a - 12:30p Stretch & Strength |
| 11:30a - 12:30p Level Primary - 1 | 12:45p - 1:30p Stretch & Strength |
| 12:30p - 1:30p Level 3-5 | |
| 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)

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| 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) |
| 12p - 1p Hand Balancing & Canes |