Daily Schedule

AGE/LEVELS

Mommy & Me 16 months - 3 years	**Tiny** 2 - 5 years	**Beginner** 6 - 10 years	**Advanced** 11+ years
Competitive Team Classes closed to open enrollment	**Tumbling/Acro/Technique** Tumbling, Acro and technique classes start between 6-8 years and athletes are placed based on skill level only		

Age ranges are suggestions only. Athletes may move up or down a level based on their skill needs. Coaches must approve move.

MONDAY

TIME	Luminate	Halo	Surge
4:30 - 5:00 PM		Tiny Ballet: Coach Riley	
5:00 - 5:30 PM			Flyer Flexibility 6+: Coach Treshia
5:30 - 6:00 PM		Junior Jazz - Glo Glimmer: Coach Riley	
6:00 - 6:30 PM			Novice Practice - Glo Fusion: Coach Treshia
6:30 - 7:00 PM			
7:00 - 7:30 PM		Advance Ballet: Coach Riley	
7:30 - 8:00 PM			
8:00 - 8:30 PM			
8:30 - 9:00 PM			

TUESDAY

TIME	Luminate	Halo	Surge
5:00 - 5:30 PM	Tiny Jazz: Coach Mims		
5:30 - 6:00 PM			Tiny Tumble: Coach Jason
6:00 - 6:30 PM		Teen Technique - Glo Radiance: Coach Riley	Mini Novice- Glo Spark: Coach Treshia
6:30 - 7:00 PM			
7:00 - 7:30 PM	Beginner Jazz: Coach Mims		Tumble Basics 6+: Coach Jason
7:30 - 8:00 PM		Teen Jazz - Glo Radiance: Coach Riley	
8:00 - 8:30 PM			
8:30 - 9:00 PM			

WEDNESDAY

TIME	Luminate	Halo	Surge
5:00 - 5:30 PM		Junior Jazz 2- Glo Glimmer: Coach Riley	Tumbling Basics 6+: Coach Treshia
5:30 - 6:00 PM			
6:00 - 6:30 PM	Advance Jazz: Coach Mims		Recreational Cheer Ages 6-12: Coach Treshia
6:30 - 7:00 PM			
7:00 - 7:30 PM			Novice Practice - Glo Fusion: Coach Treshia
7:30 - 8:00 PM	Beginner Lyrical: Coach Mims	Teen Lyrical - Glo Radiance: Coach Riley	
8:00 - 8:30 PM			
8:30 - 9:00 PM			

THURSDAY

TIME	Luminate	Halo	Surge
4:30 - 5:00 PM	Tiny Tap: Coach Riley		
5:00 - 5:30 PM	Advance Lyrical: Coach Mims		Tiny Tumble: Coach Riley
5:30 - 6:00 PM			
6:00 - 6:30 PM		Junior Technique - Glo Glimmer: Coach Riley	
6:30 - 7:00 PM			
7:00 - 7:30 PM			Mini Novice - Glo Spark: Coach Treshia
7:30 - 8:00 PM	Beginner Ballet: Coach Mims	Dance Acro 8+: Coach Riley	
8:00 - 8:30 PM			
8:30 - 9:00 PM			

FRIDAY

TIME	Luminate	Halo	Surge
5:00 - 5:30 PM	Beginner Tap: Coach Riley		
5:30 - 6:00 PM			
6:00 - 6:30 PM			Bridges & Backbends 6+: Coach Jason
6:30 - 7:00 PM	Advance Tap: Coach Riley		
7:00 - 7:30 PM			Walkovers 6+: Coach Jason
7:30 - 8:00 PM			
8:00 - 8:30 PM			Back Handsprings 6+: Coach Jason
8:30 - 9:00 PM			

SATURDAY

TIME	Luminate	Halo	Surge
10:00 - 10:30 AM		Saturday Rehearsal - Glo Glimmer: Coach Riley	Saturday Rehearsal - Glo Fusion: Coach Treshia
10:30 - 11:00 AM	Mommy & Me: Coach Mims		
11:00 - 11:30 AM		Leaps and Turns 8+: Coach Mims	Saturday Rehearsal - Glo Spark: Coach Treshia
11:30 - 12:00 PM			
12:00 - 12:30 PM			
12:30 - 1:00 PM		Musical Theater - Glo Encore: Coach Riley & Coach Mims	
1:00 - 1:30 PM			
1:30 - 2:00 PM			
2:00 - 2:30 PM		Saturday Rehearsal - Glo Radiance: Coach Riley	
2:30 - 3:00 PM			