

Aeria & Circus Full Weehawken Dance Schedule FALL 2024

Guide to Color Code	Green - Performing in Wednesday Aerial Show	Red- Casting TBA	Yellow- Dance non-performing
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Aeria & Circus Full Weehawken Dance Schedule FALL 2024							
	Monday		Tuesday	Wednesday	Thursday	Friday	
	Ridgway	FLEX REC	FLEX REC & BCG	Hypoxia in Ouray	FLEX REC	FLEX REC	Hypoxia/Wright
AM & EARLY AFTERNOON Classes							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							

	3:15-4:00 INTRO TO CIRCUS with Miss Marisa (ages 6-8)		3:45-4:30 INTRO TO CIRCUS with Miss Marisa (ages 6-8, performing in Aerial show)		3:45-4:30 INTRO TO CIRCUS with Miss Marisa (ages 6-8, Aerial show only)		
	4:05-5:05 CIRCUS 1 with Miss Marisa (ages 8-10.5, Aerial show only)	4:00-5:00 CIRCUS 1 with Miss Natasha (ages 8-10.5, Aerial show only)	4:30-5:30 CIRCUS 1 with Miss Marisa (ages 8-10.5, Aerial show only)	4:15-5:00 INTRO TO CIRCUS with Miss Marisa (ages 6-8, performing in Aerial show)			
	5:05-6:05 CIRCUS 2 with Miss Marisa (ages 10.5-13, Aerial show only)	5:15-6:15 SILKS 1/2 with Miss Natasha (ages 11+, Aerial show only)		5:00-6:15 ADULT SILKS with Miss Marisa (ages 18+, performing in Aerial show)	4:45-5:45 TEEN/ADULT LYRA with Miss Marisa (ages 14+, Aerial show)		
	6:05-7:05 TEEN/ ADULT LYRA with Miss Marisa (ages 14+, Aerial show)		5:45-6:45 ADULT SILKS with Miss Marisa (ages 18 and up)	6:15-7:30 TEEN SILKS 2/3 with Miss Marisa (ages 13+, Wed. Aerial show, Nutcracker Casting TBA)	5:45-6:45 ACTIVE FLEXIBILITY with Miss Marisa (ages 10+)		
	7:15-8:15 ADULT SILKS & CONDITIONING with Miss Marisa (ages 18+)		7:15-8:30 TEEN SILKS 3/4 with Miss Marisa @ BCG (ages 14 and up with instructor approval, Wed. Aerial show, Nutcracker Casting TBA)		7:15-8:15 TEEN SILKS 2/3 with Miss Marisa @ BCG (ages 13 and up with instructor approval, Wed. Aerial show)		AERIAL OPEN GYM