

The schedule is currently being updated and will be released soon. Thank you for your patience.

SAMPLE SCHEDULE

Day 1 The ACRO XPERIENCE

Detroit/Canton, MI

* Schedule is subject to change.

Class Time	Level 1/2 (ages 6+)	Level 3/4 (ages 8+)	Level 5/6 (ages 8-11)	Level 5/6 (ages 12-18)	Level 7/8 (age 8-11)	Level 7/8 (age 12-18)
7:30-8:30 am	registration					
8:30-8:55 am	warm-up					
9-9:55 am <i>Location</i> <i>Instructor</i>	AERIAL HOOP <i>studio 7</i>	CONTEMPORARY DANCE <i>studio 1</i>	<i>BREAK</i>	HAND BALANCING <i>studio 6</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>
10-10:55 am <i>Location</i> <i>Instructor</i>	<i>BREAK</i>	AERIAL HOOP <i>studio 7</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>	HAND BALANCING <i>studio 6</i>	CONTEMPORARY DANCE <i>studio 1</i>
11-11:55 am <i>Location</i> <i>Instructor</i>	ACRO PROGRESSIONS <i>studio 4</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	AERIAL HOOP <i>studio 7</i>	<i>BREAK</i>	CONTEMPORARY DANCE <i>studio 1</i>	HAND BALANCING <i>studio 6</i>
12-12:55 pm	LUNCH (on your own)					
1-1:55 pm <i>Location</i> <i>Instructor</i>	HAND BALANCING <i>studio 6</i>	ACRO PROGRESSIONS <i>studio 4</i>	CONTEMPORARY DANCE <i>studio 1</i>	AERIAL HOOP <i>studio 7</i>	<i>BREAK</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>
2-2:55 pm <i>Location</i> <i>Instructor</i>	CONTEMPORARY DANCE <i>studio 1</i>	<i>BREAK</i>	HAND BALANCING <i>studio 6</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>	AERIAL HOOP <i>studio 7</i>
3-3:55 pm <i>Location</i> <i>Instructor</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	HAND BALANCING <i>studio 6</i>	ACRO PROGRESSIONS <i>studio 4</i>	CONTEMPORARY DANCE <i>studio 1</i>	AERIAL HOOP <i>studio 7</i>	<i>BREAK</i>
6:00-9:00 pm	TURBULENCE--The Ultimate Performance Xperience presented at the Village Theater at Cherry Hill. Doors open at 5:30 pm					

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SAMPLE SCHEDULE

Day 2 The ACRO XPERIENCE

Detroit/Canton, MI

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Class Time	Level 1/2 (ages 6+)	Level 3/4 (ages 8+)	Level 5/6 (ages 8-11)	Level 5/6 (ages 12-18)	Level 7/8 (age 8-11)	Level 7/8 (age 12-18)
8:30-8:55 am	warm-up					
9-9:55 am <i>Location</i> <i>Instructor</i>	AERIAL HOOP <i>studio 7</i>	CONTEMPORARY DANCE <i>studio 1</i>	BREAK	HAND BALANCING <i>studio 6</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>
10-10:55 am <i>Location</i> <i>Instructor</i>	BREAK	AERIAL HOOP <i>studio 7</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>	HAND BALANCING <i>studio 6</i>	CONTEMPORARY DANCE <i>studio 1</i>
11-11:55 am <i>Location</i> <i>Instructor</i>	ACRO PROGRESSIONS <i>studio 4</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	AERIAL HOOP <i>studio 7</i>	BREAK	CONTEMPORARY DANCE <i>studio 1</i>	HAND BALANCING <i>studio 6</i>
12-12:55 pm	LUNCH (on your own)					
1-1:55 pm <i>Location</i> <i>Instructor</i>	HAND BALANCING <i>studio 6</i>	ACRO PROGRESSIONS <i>studio 4</i>	CONTEMPORARY DANCE <i>studio 1</i>	AERIAL HOOP <i>studio 7</i>	BREAK	FLEXIBILITY / CONDITIONING <i>studio 5</i>
2-2:55 pm <i>Location</i> <i>Instructor</i>	CONTEMPORARY DANCE <i>studio 1</i>	BREAK	HAND BALANCING <i>studio 6</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	ACRO PROGRESSIONS <i>studio 4</i>	AERIAL HOOP <i>studio 7</i>
3-3:55 pm <i>Location</i> <i>Instructor</i>	FLEXIBILITY / CONDITIONING <i>studio 5</i>	HAND BALANCING <i>studio 6</i>	ACRO PROGRESSIONS <i>studio 4</i>	CONTEMPORARY DANCE <i>studio 1</i>	AERIAL HOOP <i>studio 7</i>	BREAK
4:00-4:30 pm	AUTOGRAPHS & PHOTO OPS WITH THE FLIGHT CREW FACULTY. VISIT THE FLIGHT MERCHANDISE TABLE.					