

CHARLOTTE  
**CIRQUE & DANCE**  
 CENTER

Recreational Session Class
Ages 7 - 9
Ages 9 - Adult (Mod Intensity)
Ages 9 - Adult (High Intensity)
Ages 9 - 12 (Mod Intensity)
Ages 9 - 12 (High Intensity)
Ages 13 - Adult (Mod Intensity)
Ages 13 - Adult (High Intensity)
Open Practice

**8 Weeks 9/11 - 11/4**  
**8 Weeks 1/8 - 3/2**  
**6 Weeks 4/8 - 5/18**

MONDAY	
Time	Class
4:30pm - 5:30pm	Open Practice
4:30pm - 5:30pm	Open Practice
4:30pm - 5:30pm	Open Practice
5:30pm - 6:30pm	Lyra 1 & 1B
5:30pm - 6:30pm	Lyra 1 & 1B
6:30pm - 7:30pm	Silks 1
6:30pm - 7:30pm	Lyra Mixed Level (Ages 13+)
6:30pm - 7:30pm	Breakdancing
7:30pm - 8:30pm	Silks 1B - 2
7:30pm - 8:30pm	Lyra 2 & 3

TUESDAY	
Time	Class
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
5:00pm - 6:00pm	Silks 1 - 2
5:00pm - 6:00pm	Cyr Wheel - Rec (10+)
5:00pm - 6:00pm	Ballet
6:00pm - 7:00pm	Silks 3+
6:00pm - 7:00pm	Open Practice
6:00pm - 7:00pm	Acrobatics
7:00pm - 8:00pm	Contemporary Dance 2 & 3
7:00pm - 8:00pm	Hand Balancing
7:00pm - 8:00pm	Partner Acrobatics 1 & 2
8:00pm - 9:00pm	Silks 2
8:00pm - 9:00pm	Partner Acrobatics 2+

WEDNESDAY	
Time	Class
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
5:00pm - 6:00pm	German Wheel 1
5:00pm - 6:00pm	Silks 1 - Rec (Ages 9+)
5:00pm - 6:00pm	Intro to Dance
6:00pm - 7:00pm	CC&DC Student Company Reh
6:00pm - 7:00pm	Open Practice
6:00pm - 7:00pm	Silks 1
7:00pm - 8:00pm	CC&DC Student Company Reh
7:00pm - 8:00pm	Silks 2+ - Rec (Ages 9+)
8:00pm - 9:00pm	German Wheel 2

THURSDAY	
Time	Class
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
4:00pm - 5:00pm	Open Practice
5:00pm - 6:00pm	Trapeze 1
5:00pm - 6:00pm	Trapeze 2+
5:00pm - 6:00pm	Silks 1
5:00pm - 6:00pm	Silks 1B & 2
6:00pm - 7:00pm	Trapeze 1
6:00pm - 7:00pm	Trapeze 2+
6:00pm - 7:00pm	Silks 2
6:00pm - 7:00pm	Hip-Hop
7:00pm - 8:00pm	Aerial Partnering (Ages 10+)
7:00pm - 8:00pm	Silks 2
7:00pm - 8:00pm	Contemporary Dance
8:00pm - 9:00pm	Ballet
8:00pm - 9:00pm	Silks 3+

SATURDAY	
Time	Class
9:30am - 10:30am	Ballet Barre - Rec
9:30am - 10:30am	Acrobatics (7 - 12)
10:30am - 11:30am	ChoreoLab
10:30am - 11:30am	Silks 1 & 1B
11:30am - 12:30pm	Open Practice
11:30am - 12:30pm	Silks 1B & 2 - Rec (Ages 7 - 12)