



WINTER SESSION

JANUARY 6 - MARCH 9

NO CLASSES 1/20 · OTHER CLASSES MAY HAVE ADDITIONAL CANCELLATIONS

MONDAY

11:00 - 12:00	Adult	Intro to Fabrics/ Rope	limit 6	★
12:15 - 1:15	Adult	Aerial Conditioning	limit 8	★
12:15 - 1:15	Adult	Slings 4	limit 8	
3:45 - 4:45	Kids/ MS	Slings 3, Ages 8-13	limit 6	
3:45 - 4:45	Adult	Slings 4	limit 6	
4:45 - 5:45	Kids/ MS	Slings 2, Ages 8-13	limit 11	
4:45 - 5:45	MS	Slings 4	limit 10	
5:30 - 6:30	Adult	Vertical Pole Beginner 4	limit 8	
5:45 - 6:45	Adult	Intro to Everything	limit 13	★
5:45 - 6:45	Adult	Trapeze Intermediate 4	limit 9	
6:30 - 7:30	Adult	Vertical Pole Intermediate 2	limit 7	
6:45 - 8:00	Adult	Trapeze Advanced 2	limit 20	
7:30 - 8:30	Adult	Vertical Pole Beginner 2	limit 8	
8:00 - 9:00	Adult	Slings 2	limit 7	
8:00 - 9:00	Adult	Trapeze Intermediate 1	limit 10	
8:00 - 9:00	Adult	Open Studio - Trapeze & Slings Pre-Req: One Session completed	Current Adult Students Only	

THURSDAY

10:30 - 11:30	Kids	Toddler Trapeze Time, Ages 3-5	limit 12	★
11:30 - 1:00	Adult	Repertory Company		
12:00 - 1:00	Adult	Pole Conditioning	limit 6	★
1:00 - 1:45	Adult	Staff Yoga	Staff Only	
3:30 - 4:15	Kids	Trapeze Beginner 2, 1st - 3rd	limit 11	
4:15 - 5:00	Kids	Trapeze Beginner 3, 3rd - 5th	limit 13	
5:00 - 6:00	Adult	Rope 2	limit 7	
5:00 - 6:00	MS/HS	Slings 5	limit 9	
6:00 - 7:00	Adult	Rope 3	limit 8	
6:00 - 7:00	MS/HS	Slings 2/3	limit 12	
6:00 - 7:00	Adult	Vertical Pole Intermediate 1	limit 8	
7:00 - 8:00	Adult	Slings 2/3	limit 7	
7:00 - 8:00	Adult	Trapeze Intermediate 3	limit 13	
7:00 - 8:00	Adult	Vertical Pole Beginner 3/4	limit 8	
8:00 - 9:00	Adult	Circus Bar Sequences new students ok with instructor approval	limit 8	
8:00 - 9:00	Adult	Flying Pole Int/ Adv	limit 6	
8:00 - 9:00	Adult	Open Studio - Trapeze & Slings Pre-Req: One Session completed	Current Adult Students Only	

TUESDAY

11:00 - 12:00	Adult	Intro to Slings	limit 12	★
12:00 - 1:00	Adult	Slings 3	limit 12	
12:00 - 1:00	Adult	Open Studio - Trapeze, Slings, Lyra & Fabs L1/ L2 Pre-Req: One Session completed	Current Adult Students Only	
12:15 - 1:15	Adult	Open Studio - Pole Pre-Req: One Session completed	Current Adult Students Only	
1:00 - 2:00	Adult	Lyra Advanced	limit 6	
1:00 - 2:00	Adult	Striking a Balance: DBT Skills through Aerial Arts	limit 12	★
3:15 - 4:00	Kids	Trapeze Intro/ Beginner 1, K-5th	limit 12	★
4:00 - 5:00	Kids/ MS	Trapeze Intermediate 2/3	limit 8	
4:15 - 5:15	Kids/ MS	Fabrics 1/2, Ages 11-16	limit 14	
5:00 - 6:00	MS/HS	Trapeze Advanced 1	limit 8	
5:00 - 6:00	Adult	Vertical Pole Int/ Adv	limit 8	
5:15 - 6:00	Kids / MS	Slings 1, Ages 8-13	limit 15	
6:00 - 7:00	Adult	Trapeze Intermediate 1	limit 15	
6:00 - 7:00	Adult	Slings 1	limit 8	
6:00 - 7:00	Adult	Vertical Pole Advanced	limit 8	
7:00 - 8:00	Adult	Vertical Pole Beginner 3/4	limit 8	
7:00 - 9:00	Adult	Repertory Company		

FRIDAY

9:30 - 10:30	Adult	Aerial Yoga	limit 12	★
12:00 - 1:00	Adult	Dance Trapeze Choreography	limit 6	
12:30 - 1:30	Adult	Strength & Flexibility	limit 8	★
1:00 - 2:00	Adult	Bungee 1	limit 6	
2:15 - 3:15	Adult	Intro to Bungee	limit 6	★
3:45 - 4:30	Kids	Intro to Trapeze, K-5th	limit 9	★
4:15 - 5:00	Kids/ MS	Trapeze Intro/ Beginner 1, 5th-8th	limit 10	★
4:45 - 5:45	Adult	Fabrics Conditioning	limit 8	
4:45 - 5:45	Adult	Fabrics Open Studio - all levels Pre-req: One session completed	Current Adult Students Only	
5:00 - 6:00	MS/HS	Trapeze Beginner 3	limit 10	
5:45 - 6:45	Adult	Intro to Rope	limit 6	

SATURDAY

9:00 - 10:00	Adult	Open Studio - Trapeze Pre-req: One session completed	Current Adult Students Only	
10:00 - 11:00	Kids	Trapeze Mixed Level, 2nd - 3rd	limit 12	
11:00 - 12:00	Kids	Trapeze Intro/ Beginner 1, PreK-1st	limit 18	★
12:00 - 1:00	Kids	Trapeze Mixed Level, 4th - 8th	limit 18	★
1:00 - 2:00	Adult	Slings 5	limit 8	
1:00 - 2:15	Adult	Trapeze Advanced 1	limit 10	
2:15 - 3:15	MS/HS	Teen Open Studio	Invite only	
3:00 - 4:00	Adult	Vertical Pole Heels 3a	limit 6	

SUNDAY

12:00 - 12:45	Kids	Intro to Trapeze, 3-5 year olds	limit 6	★
12:45 - 2:00	Adult	Fabrics Level 5	limit 6	
1:00 - 2:00	Adult	Intro to Lyra	limit 8	
2:00 - 3:00	Adult	Open Studio - Trapeze, Slings, Lyra & Fabs L1/ L2 Pre-Req: One Session completed	Current Adult Students Only	
2:00 - 3:00	Adult	Lyra 1b	limit 6	
2:00 - 3:00	Adult	Vertical Pole - Intro to Pole	limit 8	★
3:00 - 3:45	Kids	Trapeze Mixed Level, K-5th	limit 8	
3:00 - 4:00	Adult	Vertical Pole Intermediate 1	limit 8	
4:00 - 5:00	Adult	Lyra 2a	limit 7	
4:00 - 5:00	Adult	Vertical Pole Heels 3b	limit 6	
5:00 - 6:00	Adult	Trapeze Beginner 1	limit 7	
5:00 - 6:00	Adult	Vertical Pole Beginner 3	limit 8	
5:00 - 6:00	Adult	Lyra Intermediate	limit 4	
6:00 - 7:00	Adult	Open Studio - Pole Pre-Req: One session completed	Current Adult Students Only	
6:00 - 7:00	Adult	Lyra 1b	limit 6	
6:00 - 7:00	Adult	Trapeze Intermediate 3	limit 15	
7:00 - 8:00	Adult	Fabrics Level 3	limit 6	
7:00 - 8:00	Adult	Vertical Pole Beginner 1	limit 8	

GENERAL INFORMATION

QUESTIONS? EMAIL INFO@CANOPYSTUDIO.ORG
REGISTER AT CANOPYSTUDIO.ORG

Register by 1/6. All waivers must be signed before training. Please visit canopystudio.org for all our policies and procedures. All students must register and pay for the session in advance. Payment plans available. \$5 late fee applies after first class of the session.

9-WEEK TUITION *\$2/class increase begins 1/1/2025
45-min classes - \$184.05 · 1-hour classes - \$207 (bungee \$252) · 1.25-hour classes - \$234

★ SUITABLE FOR BRAND NEW STUDENTS