

2025-26 SSGA Weekly Schedule

Monday Gym Schedule

4:30 - 5:15 PM

Advanced Tumbling*

5:15 - 5:45 PM

Elite/Acro*

5:45 - 6:30 PM

Intermediate Tumbling*

6:30 - 7:30 PM

Local Prep Cheer (formerly Blaze)*

7:30 - 8:30 PM

Full-Year Prep Cheer

Monday Dance Schedule

4:45 - 5:15 PM

Competition Tap*

5:15 - 5:45 PM

Stretch & Flex

5:45 - 6:15 PM

Leaps + Turns

5:45 - 6:45 PM

Junior Competition*

6:45 - 7:15 PM

Junior/Teen Comp Hip Hop*

7:15 - 8:15 PM

Teen Comp Large Group*

8:15 - 9:15 PM

Teen Comp Small Group*

Tuesday Schedule

4:30 - 5:15 PM

Beginner Tumbling*

5:15 - 5:45 PM

Kinder Hip Hop*

5:45 - 6:30 PM

Kinder Dance (Tap / Ballet / Jazz)*

6:30 - 7:00 PM

Musical Theater*

6:30 - 7:15 PM

Tiny Novice Cheer*

7:00 - 8:00 PM

Jr/Teen Rec Lyrical & Jazz*

8:00 - 8:30 PM

Jr/Teen Rec Hip Hop*

8:30 - 9:00 PM

Jr/Teen Rec Tap*

Wednesday Schedule

4:30 - 5:00 PM

Mini Competition Lyrical*

5:00 - 5:30 PM

Mini Competition Jazz*

5:30 - 6:00 PM

Mini Hip Hop*

6:00 - 6:30 PM

Mini Tap

6:00 - 6:30 PM

Stretch + Flex

6:30 - 7:30 PM

Mini Rec Jazz / Lyrical*

7:30 - 8:15 PM
DCER

Thursday Schedule

5:15 - 6:00 PM
Preschool Combo (Tap / Ballet / Tumble)*

6:00 - 6:30 PM
Stretch + Flex

6:00 - 6:30 PM
Beginner Tumbling*

6:30 - 7:00 PM
Stretch + Flex

7:00 - 7:30 PM
Ballet / Leaps / Turns*

Friday Schedule

4:30 - 6:00 PM
Full-Year Prep Cheer

6:00 - 6:45 PM
Cheer Tumbling

6:45 - 8:15 PM
Half-Year Prep Cheer

Sunday Schedule

11:30 AM - 1:30 PM
All-Star Hip Hop*

12:30 - 1:15 PM
Level 1–2 Cheer Tumbling

1:15 - 2:00 PM
Level 3–5 Cheer Tumbling
