

JANUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03	04	
		ZOOM CALL GROUPS Time Zone A - 11am - 1pm GMT (London) Time Zone B - 11am - 1pm ET (New York) Time Zone C - 10am - 12pm PT (Los Angeles)				
05			09	10		11 Course Start Date Zoom Call 1
12	13	14	15	16	17	18
WEEK 1				Warm-up Video Due		Zoom Call 2
19	20	21	22	23	24	25
WEEK 2					Week 2 Videos Due	Zoom Call 3 Receive Warm-up Feedback
26	27	28	29	30	31	
WEEK 3			Click here to add full schedule to your Google Calendar			

FEBRUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
WEEK 3					Week 3 Videos Due	Zoom Call 4 Receive Week 2 Feedback
02	03	04	05	06	07	08
WEEK 4					Week 4 Videos Due	Zoom Call 5 Receive Week 3 Feedback
09	10	11	12	13	14	15
WEEK 5					Week 5 Videos Due	Zoom Call 6 Receive Week 4 Feedback
16	17	18	19	20	21	22
WEEK 6					Week 6 Videos Due	Zoom Call 7 Receive Week 5 Feedback
23	24	25	26	27	28	
WEEK 7					Week 7 Videos Due*	

*Please ensure all requested refilms up to this point are submitted with your week 7 skills

MARCH

2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

WEEK 7

Zoom Call 8

Receive Week 6
Feedback

02

03

04

05

06

07 Course End Date

08

WEEK 8

Receive
Week 7
Feedback

Week 6 & 7 Refilms Due

Final deadline
- all quizzes
& make-up assignments

09

10

11
Final Refilm
Feedback
Written Review

SCROLL DOWN FOR ZOOM CALL OVERVIEW



ZOOM CALL OVERVIEW

Date	Class Focus	Apparatus requirements:
1) January 11, 2025	Form and Function Part 1	No apparatus needed*
2) January 18, 2025	Form and Function Part 2	Apparatus OR Pull-up bar*
3) January 25, 2025	Anatomy & Teaching Practicum	Apparatus required
4) February 1, 2025	Class Management & Teaching Practicum	Apparatus required
5) February 8, 2025	Safety & Teaching Practicum	Apparatus required
6) February 15, 2025	Rigging & Creative Approach	Apparatus required
7) February 22, 2025	Creative Approach	Apparatus required
8) March 1, 2025	Discussion & Professional Development	No apparatus needed*

*No safety person required for Zoom calls 1, 2 & 8

**Zoom classes will include an instructor led warm-up & cool down anytime we are doing physical practice

VIDEO SUBMISSION PROCESS

Make sure you have booked enough time to complete your skills!

Studio Time

You will need to book studio time for your Video Submission Process
for Weeks 2 through 8 of the course
Saturday January 18th - March 8th, 2025

Hours Per Week

Studio time will vary depending on what package you signed up for
Estimates are as follows:

Single Apparatus : 3 - 4 hours of studio time per week

Double Apparatus: 7 - 8 hours of studio time per week

Combo Course: 5 - 6 hours of studio time per week