



COUNTY ACROBATICS AND PURE JOY DANCE SPRING SCHEDULE 2026

MONDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
11:45am - 12:30pm ★ Adult Strength and Sculpt	4:45pm - 5:30pm Orange Acro (age 3-5)	4:30pm - 5:15pm Karate (ages 4-9)
5:00pm - 5:45pm Pom Cheer Ages 7-9	5:30pm - 6:30pm Yellow Acro (age 6+)	5:15pm - 6:00pm Karate (ages 10-15)
5:45pm - 6:30pm Pom Cheer Ages 10+		
6:30pm - 7:45pm Acro Intensive		

TUESDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
10:00am - 11:00am Adult Hip Hop	4:30pm - 5:15pm Karate (ages 4-9)	
1:00pm - 2:30pm Rooted Soul Meditation with Micha	5:15pm - 6:00pm Karate (ages 10-15)	
5:00pm - 5:30pm Red/Wee Ones Acro (age 2-3)		
5:30pm - 6:15pm Acro/Jazz (ages 5+)		
6:15pm - 7:30pm Acro Intensive		
7:30pm - 8:30pm Flow Yoga with Mikenze		

WEDNESDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
★ 11:45am - 12:30pm Adult Strength and Sculpt		
1:00pm - 2:00pm Qi Gong with Michelle		
4:30pm - 5:15pm Karate (ages 4-9)		
★ 5:00pm - 5:45pm Adult Tap		
5:15pm - 6:00pm Karate (ages 10-16)		

THURSDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
1:30pm - 2:30pm Qi Gong - Flowing Vitality with Micha		
★ 7:45pm - 8:30pm Adult Fiesta Fitness		

FRIDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
1:00pm - 2:00pm Mom + Baby Fitness with Brogan		

SATURDAY		
JOY STUDIO	SMILE STUDIO	FRIEND STUDIO
4:30pm - 8:30pm Play Zone		

EMAIL TO REGISTER FOR:
Dance: hello@countyacrobaticspurejoydance.ca
Martial Arts: Sensei Kristie: kristie@kos.net
Yoga: info@yogawithmikenze.com
Qi Gong: michaloveuniversally@gmail.com
Mom + Baby Fitness: brogan.courtney@outlook.com

Heartful Harmonies Music Studio:
 Monday, Tuesday, Thursdays with Sara, Wednesdays with Mitch

PRE-REGISTRATION FOR PLAY ZONE IS REQUIRED

Birthday Party Available Times:
 Friday Evenings, Saturday & Sundays

★ These classes are included in the punch card and can be a drop in with pre-registration.

County Acrobatics & Pure Joy Dance
 9 McFarland Drive, Picton, Ontario, K0K 2T0
<https://www.countyacrobaticspurejoydance.ca/>

Red - Beginners Age 2-3
 Orange - Beginners/Primary Age 3-6
 Yellow - Level 1-2 Junior (some experience)
 Green - Level 2-3 Junior
 Blue - Elementary
 Indigo/Violet - Intermediate/Advanced