

2022 DANCE & FITNESS SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Studio G	Studio B	Studio G	Studio B	Studio G	Studio B	Studio G	Studio B	Studio G	Studio B
9 AM		ADULT BARRE 9:45 - 10:45 AM			ADULT PILATES 9:45 - 10:45 AM				ADULT BARRE 9:45 - 10:45 AM	
10 AM					TODDLER BALLET 10:45 - 11:30 AM				TODDLER JAZZ/TAP 10:45 - 11:30 AM	
3 PM					STRENGTH FOR DANCERS 3:30 - 4:15 PM					POINTE 3 - 4 PM
4 PM	BALLET 1 4:15 - 5:15 PM	BEG. BALLET 4:15 - 5:00 PM	ADV. LEAPS & TURNS 4:15 - 5:15 PM	BEG. ACRO 4:15 - 5:15 PM	BEG. MUSICAL THTR 4:15 - 5 PM	INT./ADV. MODERN 4:15 - 5 PM	INT./ADV. BALLET 4:15 - 5:15 PM	TODDLER JAZZ/TAP 4:30 - 5:15 PM		JUNIOR ACRO 4 - 4:30 PM
5 PM	BALLET 2 5:15 - 6:15 PM	MINI COMPANY 5:00 - 5:30 PM	PERFORMANCE COMPANY 5:15 - 6:15 PM	BEG. TAP 5:15 - 6:15 PM	INT./ADV. JAZZ COMBO 5 - 6 PM	TODDLER BALLET 5 - 5:45 PM	BEG./INT. LEAPS & TURN 5:15 - 6:15 PM	MINI COMPANY 5:15 - 6:15 PM	JUNIOR COMPANY 4:30 - 6 PM	PERFORMANCE ACRO 4:30 - 5 PM
6 PM	BEG. LYRICAL 6:15 - 7 PM	PBT 6 - 7 PM	ADULT TABATA 6:15 - 7 PM	INT. ACRO 6:15 - 7:15 PM	BEG./INT. HIP HOP 6 - 7 PM	ZUMBA 6 - 6:50 PM	BEG./INT. JAZZ 6:15 - 7:15 PM		PERFORMANCE COMPANY 6 - 7 PM	TEEN ACRO 5 - 5:30 PM
7 PM	BALLET 3 7 - 8 PM	BEG./INT. MODERN 7 - 7:45 PM	TEEN COMPANY 7 - 8:30 PM		INT./ADV. HIP HOP 7 - 8 PM				TEEN COMPANY 7 - 8 PM	

Baby: Ages 2-3 ~ Toddler: Ages 3 - 5 ~ Mini: Ages 5-7 ~ Junior: Ages 7-12 ~ Teen: Ages 12-18 ~ Beg.: Beginner level with 1 year or less of experience. ~
 Int.: Intermediate level with 2+ years experience ~ Adv.: Advanced level with 3+ years experience ~ Acro: Acrobatics ~ PBT: Progressive Ballet Technique