



2022-2023 Class Schedule

Monday			Tuesday			Wednesday			Thursday		Friday		Saturday
3:30-4:15 Pointe			3:00-4:00 Stretch			3:15-4:00 Pre-Hip Hop							9:00-9:45am Walkovers & More
4:15-5:00 Pre Ballet/Tap	4:00-5:00 Pro Tumbling	4:00-5:00 Beginner Stretch	4:00-5:00 Advanced Tap	4:00-5:00 Level 4/5 Hip Hop	4:00-4:45 Pre tumbling	4:00-5:00 Level 1 Jazz/Lyrical	4:00-5:00 Advanced Tumbling	4:00-5:00 Level 2 Hip Hop					9:45-10:30 Aerials & Handsprings
5:00-6:00 Level 1 Ballet	5:00-6:00 Level 3A Lyrical	5:00-6:00 Level 3B Ballet	5:00-6:00 Level 3A Jazz	5:00-6:00 Level 2 Ballet	5:00-6:00 Level 4/5 Lyrical	5:00-6:00 Level 1 Hip Hop	5:00-6:00 Intermediate Turns	5:00-6:00 Level 2 Lyrical			5:30-6:30 Strength & Conditioning		10:30-11:15 Tucks & More
6:00-7:00 Beginner Tumbling	6:00-7:00 Level 3 Hip Hop	6:00-7:00 Level 4/5 Ballet	6:00-7:00 Jazz Tech	6:00-7:00 Level 3A Ballet	6:00-7:00 Beginner Tap	6:00-7:00 Beginner Turns	6:00-7:00 Intermediate Tap	6:00-7:00 Level 2 Jazz			6:30-7:30 Fundamentals	6:30-7:30 Stretch	
7:00-8:00 Level 3B Lyrical	7:00-8:00 Ballet Tech	7:00-8:00 Int/Advanced Tumbling	7:00-8:00 Intermediate Tumbling	7:00-8:00 Level 4/5 Jazz	7:00-8:00 Strength & Conditioning	7:00-8:00 Level 3B Jazz		7:00-8:00 Teen Tech			7:30-8:30 Motivation & Mindset		
8:00-9:00	8:00-9:00 Strength & Conditioning	8:00-9:00 Teen Hip Hop	8:00-9:00 Advanced Turns	8:00-9:00	8:00-9:00 Teen Jazz/Lyrical	8:00-9:00 Intermediate Stretch			8:00-9:00 Advanced Stretch				

Annual Fall Registration Fee (\$30 for individuals and \$45 for families)
 Each class that does not have 3 dancers signed up will be canceled at the end of the month.

Strength & Conditioning classes will need yoga blocks, TheraBand, tennis shoes, and ankle weights.

Mindset & Motivation will need a notebook and pen/pencil weekly.

All Jazz, Lyrical, Tech, Fundamentals, and Stretch classes will need yoga blocks, TheraBand, and ankle weights.

Turns classes will need yoga blocks.

If your dancer has 2+ classes a day, please make sure they bring a snack or quick dinner.

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