



2023-2024 Class Schedule

September 11th – June Recital

Monday			Tuesday			Wednesday			Thursday			Friday		
3:00-4:00 Stretch			3:00-4:00 Pro Tumbling			3:00-4:00 Conditioning								
4:15-5:00 Pre Hip Hop	4:00-5:00 Ballet Tech Levels 4+	4:00-5:00 Level 3 Lyrical	4:15-5:00 Pre Ballet/Tap	4:00-5:00 Jazz Tech	4:00-4:45 Level 2 Hip Hop	4:15-5:00 Pre Tumbling	4:00-5:00 Level 3 Jazz	4:00-5:00 Beginner Turns				4:00-5:00 Combo Class	4:00-5:00 Advanced Tumbling	
5:00-6:00 Level 1 Ballet	5:00-6:00 Level 4+ Lyrical	5:00-6:00 Level 3 Ballet	5:00-6:00 Int Tumbling	5:00-6:00 Level 4+ Ballet	5:00-6:00 Beginner Tap	5:00-6:00 Level 1 Jazz	5:00-6:00 Int Turns	5:00-6:00 Level 2 Ballet				5:00-6:00	5:00-6:00 Stretch	
6:00-7:00 Level 3 Hip Hop	6:00-7:00 Advanced Tap	6:00-7:00 Level 1 Lyrical	6:00-7:00 Beginner Tumbling	6:00-7:00 Advanced Turns	6:00-7:00 Level 2 Lyrical	6:00-7:00 Level 1 Hip Hop	6:00-7:00 Int Tap	6:00-7:00 Level 2 Jazz					6:00-7:00 Leaps	
7:00-8:00 Hip Hop Level 4+		7:00-8:00 Stretch	7:00-8:00 Level 4+ Jazz	7:00-8:00 Int/Adv Tumbling	7:00-8:00 Conditioning	7:00-8:00 Pre Pointe/Pointe	7:00-8:00 Advanced tumbling	7:00-8:00 Adult Hip Hop				7:00-8:00 Conditioning	7:00-8:00 Contemporary Fundamentals	

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.

Stretch classes will need TheraBand's, at least 2 blocks, and a foam roller.

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.

If your dancer is on Legion and is signed up for the Friday conditioning- when there is no class due to competition/convention, they will need to replace their conditioning with another day that week to make up for it.

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