CLASS SCHEDULE

Newbie: 3-5 YRS. **Mini: 6-8 YRS.** **Junior: 9-11 YRS.** **Teen: 12-14 YRS.** **Senior: 15 YRS. & up**

*** OPENS W/ 3 SIGNUPS: CONTACT US TO SIGN UP FOR WAITLIST**

Monday

Time	Floor A
4:00pm-4:45pm	PRE POINTE/POINTE 1
4:45pm-6:00pm	INT. BALLET 2
6:00pm-7:00pm	BEG. BALLET
7:00pm-8:15pm	ADV. BALLET
8:15pm-9:00pm	ADV. POINTE

Time	Floor B
9:30am-10:00am	PRINCESS BALLET 1.5-2.5 YRS.
10:00am-10:30am	PRINCESS BALLET 2.5-3.5 YRS.
10:30am-11:00am	**NEWBIE** BALLET
11:00am-11:30pm	**NEWBIE** TAP
11:30am-12:00pm	**NEWBIE** JAZZ
4:30pm-5:15pm	**J/T/S** CONDITIONING ALL LEVELS
5:15pm-6:00pm	**T/S** STRETCH/FLEXIBILITY 3/4
6:00pm-7:00pm	**J/T/S** TECHNIQUE 2/3
7:00pm-7:30pm	**J/T/S** STRETCH FLEXIBILITY 1/2
7:30pm-8:15pm	**J/T/S** TECHNIQUE 1/2
8:15pm-9:00pm	**T/S** TECHNIQUE 3/4

Time	Floor C
8:45am-9:30am	GUIDED MEDITATION *OPENS W/ 3 SIGNUPS
9:30am-10:30am	GENTLE YOGA FLOW (LEVEL 1) *OPENS W/ 3 SIGNUPS
10:30am-11:30am	YIN YOGA (ALL LEVELS) *OPENS W/ 3 SIGNUPS
3:15pm-3:45pm	**NEWBIE** BALLET
3:45pm-4:15pm	**NEWBIE** HIP HOP
4:15pm-4:45pm	**NEWBIE** BALLET
4:45pm-5:15pm	6-8 yr OLD BEG BALLET (Open with 3 Signups)
5:15pm-6:00pm	**MINI** HIP HOP ALL LEVELS
6:00pm-7:00pm	**T/S** HIP HOP ALL LEVELS
7:00pm-8:00pm	**JUNIOR** HIP HOP ALL LEVELS
8:15pm-9:15pm	YIN YOGA (ALL LEVELS)

Tuesday

Time	Floor A
4:00pm-4:30pm	**NEWBIE** JAZZ
4:30pm-5:00pm	**MINI** TECHNIQUE 2
5:00pm-5:45pm	**MINI** LYRICAL 2
5:45pm-6:30pm	**MINI** JAZZ/TECHNIQUE 1
6:30pm-7:30pm	**J/T/S** JAZZ 1
7:30pm-8:00pm	**J/T/S** TECHNIQUE 1
8:00pm-9:00pm	**J/T/S** LYRICAL 1

Time	Floor B
3:30pm-4:15pm	**T/S** STRETCH/FLEXIBILITY 3/4
4:15pm-5:15pm	**T/S** TECHNIQUE/PLACEMENT 3/4
5:15pm-6:30pm	**T/S** CONTEMP 3/4
6:30pm-7:15pm	**J/T/S TECHNIQUE 2/3**
7:15pm-8:15pm	**J/T/S** CONTEMP 2/3
8:15pm-8:45pm	**T/S** IMPROV ALL LEVELS

Time	Floor C
8:45am-9:30am	CARDIO SCULPT *OPENS W/ 3 SIGNUPS
9:30am-10:30am	YOGA FLOW (LEVEL 1/2) *OPENS W/ 3 SIGNUPS
10:30am-11:30am	PILATES (ALL LEVELS)*OPENS W/ 3 SIGNUPS
3:30pm-4:00pm	**NEWBIE** BALLET
4:00pm-4:30pm	**MINI TAP 2/3**
4:30pm-5:00pm	**NEWBIE TAP**
5:00pm-5:45pm	**MINI** TAP 1
5:45pm-6:30pm	**J/T/S** CONDITIONING/STRETCH
6:30pm-7:15pm	YOGA SCULPT (ALL LEVELS)
7:15pm-8:00pm	YIN YOGA (ALL LEVELS)

Wednesday

Time	Floor A
4:00pm-4:30pm	**T/S** CONDITIONING ALL LEVELS
4:30pm-5:30pm	**T/S** TECHNIQUE PLACEMENT 3/4
5:30pm-6:45pm	**T/S** JAZZ 3/4
6:45pm-7:45pm	**J/T/S** CONTEMPORARY 2
7:45pm-8:30pm	**J/T/S** TECHNIQUE LEVEL 2

Time	Floor B
9:30am-10:00am	PRINCESS BALLET 1.5-2.5 YRS. *OPENS W/ 3 SIGNUPS
10:00am-10:30am	PRINCESS BALLET 2.5-3.5 YRS. *OPENS W/ 3 SIGNUPS
10:30am-11:00am	PRINCESS TAP 2.5-3.5 YRS. *OPENS W/ 3 SIGNUPS
11:00am-11:30pm	SUPERSTAR JAZZ 2.5-3.5 YRS. *OPENS W/ 3 SIGNUPS
11:30am-12:00pm	NEWBIE BALLET *OPENS W/ 3 SIGNUPS
12:00pm-12:30pm	NEWBIE TAP *OPENS W/ 3 SIGNUPS
4:00pm-4:30pm	**JUNIOR** COND. ALL LEVELS
4:30pm-5:30pm	**J/T/S** TECHNIQUE PLACEMENT 2/3
5:30pm-6:45pm	**J/T/S** JAZZ 2/3
6:45pm-7:45pm	**T/S** TECHNIQUE 3/4
7:45pm-9:00pm	**T/S** CONTEMP 3

Time	Floor C
8:45am-9:30am	BOOTY BARRE SCULPT (ALL LEVELS) *OPENS W/ 3 SIGNUPS
9:30am-10:30am	YOGA FLOW (ALL LEVELS) *OPENS W/ 3 SIGNUPS
10:30am-11:30am	YOGALATES (ALL LEVELS)*OPENS W/ 3 SIGNUPS
3:15pm-3:45pm	PRINCESS BALLET 2-3 YEARS OLD
3:45pm-4:15pm	PRINCESS TAP 2-3 YEARS OLD
4:15pm-5:00pm	**J/T/S** TAP 2/3
5:00pm-5:45pm	**J/T/S** TAP 1
5:45pm-6:45pm	YOGA FLOW (ALL LEVELS)
6:45pm-7:45pm	PILATES (ALL LEVELS)
7:45pm-8:45pm	YIN YOGA (ALL LEVELS)

Thursday

Time	Floor A
4:00pm-4:45pm	PRE POINTE/ POINTE 1
4:45pm-6:00pm	INTERMEDIATE BALLET 2
6:00pm-7:00pm	INTERMEDIATE BALLET 1
7:00pm-8:15pm	ADV. BALLET
8:15pm-9:00pm	POINTE 1/2

Time	Floor B
3:45pm-4:30pm	**J/T/S** TAP 1
4:30pm-5:15pm	**J/T/S** TAP 2
5:15pm-6:00pm	**J/T/S** TAP 3
6:00pm-7:00pm	**T/S** CONTEMP 3
7:00pm-8:00pm	**J/T/S** JAZZ 2
8:00pm-9:00pm	**T/S** TECHNIQUE 3

Time	Floor C
8:45am-9:30am	GENTLE YOGA (ALL LEVELS) *OPENS W/ 3 SIGNUPS
9:30am-10:30am	YOGA FLOW (ALL LEVELS) *OPENS W/ 3 SIGNUPS
10:30am-11:30am	YIN (ALL LEVELS) *OPENS W/ 3 SIGNUPS
3:15pm-3:45pm`	**NEWBIE** JAZZ
3:45pm-4:15pm	**NEWBIE** BALLET
4:15pm-5:00pm	**N/M** PRE BALLET (MUST BE EVALUATED IN NEWBIE)
5:00pm-5:30pm	**M/J** STRETCH & FLEXIBILITY 2/3
5:30pm-6:15pm	**J/T/S** TECHNIQUE 2
6:15pm-7:00pm	**M/J TECHNIQUE 3**
7:00pm-8:15pm	**M/J** JAZZ 3
8:15pm-8:45pm	**M/J** IMPROV

Friday

Time	Floor A
3:30pm-4:15pm	**T/S** STRETCH/FLEXIBILITY 3/4
4:15pm-5:30pm	**T/S JAZZ 3**
5:30pm-6:30pm	**T/S** TECH 3/4
6:30pm-7:30pm	**M/J** TECHNIQUE/PLACEMENT 3
7:30pm-8:45pm	**M/J** LYRICAL/CONTEMP 3

Time	Floor B
9:00am-9:30am	**PRINCESS** BALLET 2-3 YRS.
9:30am-10:00am	**PRINCESS** BALLET 3-4 YRS.
10:00am-10:30am	**NEWBIE** HIP HOP
10:30am-11:00am	**NEWBIE** JAZZ
11:00am-11:30pm	**NEWBIE** BALLET
11:30pm-12:00pm	**NEWBIE** TAP
4:00pm-4:30pm	**MINI** STRETCH/FLEXIBILITY 1/2
4:30pm-5:30pm	**MINI** HIP HOP
5:30pm-630pm	**JUNIOR** HIP HOP ALL LEVELS
6:30pm-7:30pm	**T/S** HIP HOP ALL LEVELS
7:30pm-9:00pm	**T/S** CONTEMP or JAZZ 4

Time	Floor C
8:45am-9:30am	YOGA SCULPT (ALL LEVELS) *OPENS W/ 3 SIGNUPS
9:30am-10:30am	YOGA FLOW (ALL LEVELS) *OPENS W/ 3 SIGNUPS
10:30am-11:30am	GENTLE YOGA (ALL LEVELS) *OPENS W/ 3 SIGNUPS
3:00pm-3:30pm	**NEWBIE** BALLET
3:30pm-4:00pm	**NEWBIE** HIP HOP
4:00pm-4:30pm	**NEWBIE** JAZZ
4:30pm-5:00pm	**MINI JAZZ TECHNIQUE 1**
5:00pm-5:45pm	**MINI** LYRICAL 1
5:45pm-6:30pm	**MINI** JAZZ 2
6:30pm-7:15pm	**MINI** TECHNIQUE/PLACEMENT 2

Saturday

Time	Floor A
8:00am-9:15am	ADVANCED BALLET
9:15am-10:00am	POINTE/ VARIATIONS ADV. (INT. BY EVALUATION ONLY)
10:00am-11:00am	BEGINNING BALLET

Time	Floor B

Time	Floor C
10:00am-10:30am	**NEWBIE** BALLET
10:30am-11:00am	**NEWBIE** JAZZ
11:00am-11:30am	**M/J** STRETCH/COND. ALL LEVELS
11:30am-12:30pm	**M/J** TECHNIQUE ALL LEVELS

Newbie: 3-5 YRS. Mini: 6-8 YRS. Junior: 9-11 YRS. Teen: 12-14 YRS. Senior: 15 YRS. & up

*** OPENS W/ 3 SIGNUPS: CONTACT US TO SIGN UP FOR WAITLIST**