

## Spring Weekly Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-10:30am <b>Mommy Meet-up</b> <i>(prenatal-6 mos)</i>	10-10:45am <b>Dancing Diapers</b> <i>(6mos-3yrs w/caregiver)</i>		10-10:45am <b>Open Practice</b> <i>(Yoga, Meditation, Fitness Studio Use)</i>	9-9:30am <b>Mindfulness Meditation</b> <i>(Virtual only)</i>	10-10:45am <b>Toddler Open Play</b> <i>(up to 3 yrs w/caregiver)</i>
10:30-11am <b>Rockin' Babies</b> <i>(infant-6mos w/ caregiver)</i>			11-11:40am <b>Chair Yoga</b> <i>(In Studio &amp; Virtual)</i>		11am-12pm <b>Adult Yoga</b> <i>(Vinyasa All Level: In Studio &amp; Virtual)</i>
11am-12pm <b>Adult Yoga</b> <i>(Gentle: In Studio &amp; Virtual)</i>		12-12:40pm <b>Lunch Break Yoga</b> <i>(In Studio &amp; Virtual)</i>			
5-5:45pm <b>Tiny Dancers</b> <i>(ages 3-5)</i>	5-5:45pm <b>Jr. Dance Combo</b> <i>(ages 6-8)</i>	5-6pm <b>Hip- Hop</b> <i>(ages 8+)</i>	5-5:45pm <b>Kids Yoga &amp; Crafts</b> <i>(Spring Session April 11- May 16)</i>		<i>CHECK OUT MONTHLY EVENTS OR BOOK YOUR PARTY TODAY!</i>
6-7pm <b>Adult Dance Fitness</b> <i>(In Studio &amp; Virtual)</i>	6-7pm <b>Pre-teen/ Teen Ballet</b>	6-7pm <b>Contemporary</b> <i>(ages 8+)</i>	6-7pm <b>Jazz</b> <i>(ages 12+)</i>		<i>FACIALS &amp; REFLEXOLOGY APPTS UPON REQUEST</i>
		7-8pm <b>Salsa Dance</b>	7-8pm <b>Adult Yoga/Barre Fusion</b> <i>(In Studio &amp; Virtual)</i>		

**\*\*SPRING DANCE SHOWCASE June 18th 6pm @ PVHS\*\***

### 6-week Summer Dance Classes

July 16-Aug 1 & Aug 13-29

#### Tuesdays

4-5pm Tiny Dancers (Ages 3-6)  
5-6pm Kids Ballet/Lyrical (ages 7-11)  
6-7pm Teen Ballet/Lyrical (Ages 12+)

#### Thursdays

4-5pm Yoga Kids (Ages 5+)  
5-6pm Kids Jazz/Hip-Hop (Ages 7-11)  
6-7pm Teen Jazz/Hip-Hop (Ages 12+)

### \*\*Summer Dance Camps\*\*

**July 8-12 "ERAS TOUR"** Kids Camp Ages 7+

**Aug 5-9 "DANCING THROUGH THE DECADES"** Teen Camp Ages 10+