



Master Schedule

All Classes are Listed in **Central Time**.

*effective 6-1-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids 4:30pm-5:00pm	Family 2:00pm-2:30pm	Kids and Teens Flow* 4:00pm-4:30pm	Kids Flow* 4:30pm-5:00pm		Family 9:00am-9:30am
	Teens 5:15pm-5:45pm			Kids 5:15pm-5:45pm		Music* 12:00pm-12:30pm
	Adults 6:00pm-6:30pm			Teens 6:00pm-6:30pm		
				Adults 6:45pm-7:15pm		

Kids- ages 5-10; **Teens-** ages 11-17; **Adults-** 18+; **Music-** ages 5-adult;

Family- 2 or more family members from the same household practicing interactively together

*Kids Flow is for students who have practiced for 3-4 months and have proficiency in basic kicks, movements, and escapes.

*Music: 1st and 3rd Saturdays of each month; Berimbau on 2nd Saturdays, special events on select 4th Saturdays.

All Students may attend up to 2 classes per week, plus a music class. Seasonal online parties, hangouts, and chit-chats are included at each age level.

