



2026-2027



SCHOOL YEAR

Schedule



TRAIN WITH INTENTION. ★ PERFORM WITHOUT LIMITS.

LMT MONDAY SCHEDULE



TIME	CLASS	TIME	CLASS
2:45pm - 3:45pm	HIGH SCHOOL DANCE TEAM ACRO		
3:45pm-4:15pm	HIGH SCHOOL DANCE TEAM TURNS & COMBO		
5:15pm-5:45pm	TINY TURNS & LEAPS	5:15pm-5:45pm	MINI BALLET
5:45pm-6:15pm	MINI TURNS	5:45pm-6:15pm	TINY BALLET
		6:15pm-6:45pm	TINY/MINI FLEXIBILITY
6:45pm-7:45pm	BEGINNER ACRO	6:45pm-7:15pm	MINI LEAPS
6:45pm-7:45pm	PILATES		
7:45pm-8:45pm	JUNIOR HIGH DANCE TEAM	7:45pm-8:30pm	TEEN/SENIOR LEAPS & JUMPS

LMT TUESDAY SCHEDULE



TIME	CLASS	TIME	CLASS
12:15pm-1:00pm	PRESCHOOL INTRO TO DANCE	1:00pm-2:00pm	ADULT BARRE
1:00pm-2:00pm	HOMESCHOOL INTRO TO DANCE (AGES 6-10)		
4:00pm-4:45pm	JUNIOR FLEXIBILITY/MOBILITY	4:00pm-5:00pm	LITTLE STARS (RECITAL CLASS AGE 4-6)
4:45pm-5:30pm	JUNIOR STRENGTH	5:00pm-6:00pm	RISING STARS (RECITALCLASS AGE 7-10)
5:30pm-6:30pm	JUNIOR ACRO		
6:30pm-7:30pm	BAD LEG AERIALS (& AERIAL UPKEEP)	6:30pm-7:30pm	JUNIOR BALLET
		7:30pm-8:30pm	TEEN/SENIOR BALLET

LMT WEDNESDAY SCHEDULE



TIME	CLASS
4:30pm-5:15pm	BEGINNER TURNS
5:15pm-6:00pm	BEGINNER LEAPS/JUMPS
5:15pm-6:00pm	HIPHOP (CLASS WILL BEGIN AT THE NEW LOCATION)
6:00pm-6:45pm	TURNS IN SECOND (JUNIORS)
6:45pm-7:15pm	JUNIOR LEAPS & JUMPS
7:15pm-8:00pm	PERFORMANCE LAB
8:00pm-8:45pm (12 week class)	DANCING WITH THE STARS BALLROOM

LMT THURSDAY SCHEDULE



TIME	CLASS	TIME	CLASS
4:00pm-5:00pm	TINY / MINI STRENGTH/ACRO	4:30PM-5:00PM	JUNIOR TAP
4:30pm-5:30pm	TEEN/SENIOR ACRO	5:00PM-5:30PM	TINY MINI TAP
5:30pm-6:30pm	JUNIOR/TEEN/SENIOR FLEXIBILITY/MOBILITY		
6:30pm-7:30pm	JUNIOR ACRO	6:30pm-7:15pm	TEEN/SENIOR TURN BOOTCAMP
		7:15pm-8:15pm	HIGHSCHOOL DANCE TEAM PREP