

EQUINOX 2025 CLASS SCHEDULE

	Saturday, November 8
10-11am	Yoga All Levels Trudy Messer
11am-12:30pm	Contemporary Open Level Bekah Spurgeon
12:30-1:30pm	Lunch Break & Panel Discussion Industry Talk with Bekah Spurgeon
1:30-2:30pm	Rhythmic Class Open Level UpState Tap Connections/Sam Italiano

EQUINOX 2025 CLASS SCHEDULE

	Sunday, November 9
10-11:30am	Jazz Open Level Katie Stewart
11:30am- 12:30pm	Nutrition for Dancers Karli Timmons
12:30-1:30pm	Lunch Break Careers in Dance with Naina Dewan
1:30-2:15pm	Alexander Technique Open Level Naina Dewan &
2:15-3:00pm	Isadora Duncan Technique Open Level Elizabeth Wright