

D.A.N.C.E.EMPOWERMENT

Developing Positive Attitudes for A New Coping Experience

Hip-Hop Dance Classes: *Effective Jan 2026*

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
Training <i>Ages 5-17</i> <i>5:30-6:30p</i> <i>Sheng</i>		Training <i>Ages 5-17</i> <i>5:15-6:15p</i> <i>Sheng</i>			Studio Rental Available
		MAD Rebelz <i>Ages 5-11</i> <i>6:15-7:30p</i> <i>Sheng</i>		Performing Teams <i>6:00-7:00p</i> <i>Sheng</i>	Private lessons available
Vibe Quest <i>Ages 18+</i> <i>7:00-9:00p</i> <i>D.Hurley</i>	Training <i>Ages 18+</i> <i>7:00-8:00p</i> <i>D.Hurley</i>	Iconic Toupe <i>Ages 12-17</i> <i>7:30-8:45p</i> <i>Sheng</i>	Breakdance <i>Ages 5+</i> <i>6:00-7:00p</i> <i>Gabriel</i>	Performance Rehearsals <i>*TBA</i> <i>7:00-8:00pm</i> <i>D & Sheng</i>	Workshops/ Events TBA

\$100/month **Performing Team/ Training Team** (2 days/week)

\$125/month **Performing/Training** (3 days/week)

\$60 **Training** (1 day/week) or \$15 (Drop-in)

Fitness Classes: (adults 18+)

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
7:30-8:30a <i>D.Hurley</i>		7:30-8:30a <i>D.Hurley</i>			
	6-7pm <i>D.Hurley</i>		6-7pm <i>D.Hurley</i>		

Fitness Class: Exercise, flexibility, strength, stretching, calorie burning workouts w/ minimal equipment.

\$15 drop-in

\$60/month for 2 day a week class

\$80/month unlimited classes

STAR PACKAGE: \$150/month (for adult unlimited dance & fitness classes)

**2736 W. Shaw Ave, 93711
(559) 930-0840**

www.thedanceempowermentinc.com