

2026-2027 AT&CO FALL SCHEDULE

MONDAYS

STUDIO A	STUDIO T
4:30-5:15 Intermediate Technique	4:30-5:30 Power Tumbling
5:30-6:30 Intermediate Ballet	5:30-6:30 Level 5 Technique
6:30-7:30 Pre-Teen / Senior Ballet	6:30-7:15 Intermediate Power Tumbling
	7:30-8:30 Level 6 Technique

TUESDAYS

STUDIO A	STUDIO T
4:30-5:00 Tap Technique	4:30-5:00 Pre-K Program (18 mos-2.5)
5:00-6:00 Level 2 Program	5:00-5:30 Intro to Tumbling
6:00-6:30 Tumbling 1	5:30-6:15 Level 1 Program (ages 3-4)
6:30-7:45 Level 4 Program	6:15-7:15 Level 3 Program (ages 7-9)
7:45-8:30 Strength & Conditioning	7:15-7:45 Tumbling 2
8:30-9:00 Hip Hop Core 4 (12 and up)	

WEDNESDAYS

STUDIO A	STUDIO T
4:30-5:00 Hip Hop Core 1 (age 3-4)	
5:00-5:30 Hip Hop Core 2 (age 5-7)	
5:30-6:00 Hip Hop Core 3 (age 8-11)	

THURSDAYS

STUDIO A	STUDIO T
Team Rehearsals	Team Rehearsals

SATURDAYS

STUDIO A	STUDIO T
8:00-8:30 Petite Ballet	
8:30-9:00 Petite Technique	
9:00+ Team Rehearsals to Follow	