

AT& Company Dance Studio Weekly Schedule 2025/2026

Monday

Time - Studio A	Studio A	Time - Studio T	Studio T
4:30-5:15 PM	Intermediate Ballet	4:30-5:30 PM	Pre-Teen/Teen/SR Power Tumbling
5:30-6:30 PM	Pre-Teen/Teen/SR Ballet	5:15-6:00 PM	Intermediate Tech
6:30-7:15 PM	Intermediate Power Tumbling	6:30-8:00 PM	Pre-Teen/Teen/SR Tech

Tuesday

Time - Studio A	Studio A	Time - Studio T	Studio T
4:30-5:00 PM	Intermediate/Pre-Teen Team Tap & Clogging	4:30-5:00 PM	Petite Ballet Tech
5:00-6:00 PM	Level 2 Program	5:00-6:00 PM	Pre-K Program
6:00-6:30 PM	Tumbling 1	6:00-7:15 PM	Level 3 Program
6:30-7:45 PM	Level 4 Program	7:15-7:45 PM	Tumbling 2
7:45-8:30 PM	TEAM Strength & Conditioning		

Wednesday

Time - Studio A	Studio A	Time - Studio T	
4:30-5:30 PM	Level 1 Program	4:30-5:00 PM	
5:30-6:00 PM	Intro to Tumbling	5:00-5:30 PM	
6:00-6:30 PM	Hip Hop Core (5-7)	5:30-6:00 PM	
6:30-7:00 PM	Hip Hop Core (8-10)	6:00-6:30 PM	
7:00-7:30 PM	Hip Hop Core (11-12)		

Thursday - Team Rehearsals

Saturday - Team Rehearsals