

# 2025-2026 Class Schedule

## Sept - June Performance Recital Group

### Pre-K ages 3-4

Wednesday 4:30-5:30pm Ballet/Tap  
Thursday 4:30-5:30pm Hip Hop/Tumble  
Saturday 9:45-10:45am Hip Hop/Tumble  
Saturday 10:45am-11:45am Ballet/Tap

### Petite Dancers ages 7-9

Monday 4:15-5:30pm Tap/Jazz (Int.)  
Monday 5:30-6:45pm (Tap/Jazz (Beg.)  
Monday 4:45-5:30pm Leaps & Turns  
Monday 5:30-6pm Total Body Conditioning  
Monday 6-7pm Team Rehearsal  
Tuesday 4:30-5:15pm Competition Hip Hop  
Tuesday 5:15-6pm Recreational Hip Hop  
Wednesday 5:30-6:30pm Ballet  
Wednesday 6:30-7:15pm Lyrical

\*Ballet Req.\*

### Mini Dancers ages 5-6

Tuesday 4:30-5:15pm Ballet  
Tuesday 5:15-6:00pm Hip Hop  
Thursday 5:30-6:30pm Intro Acro  
Thursday 6:30-7:30pm Tap/Jazz  
Saturday 10-10:45am Ballet  
Saturday 10:45-11:30am Hip Hop  
Saturday 11:30am-12:30pm Intro Acro

### Junior/Senior Dancers ages 10+

Monday 4:45-5:30pm Leaps & Turns  
Monday 5:30-6pm Total Body Conditioning  
Monday 6-7pm Team Rehearsal  
Monday 7-8:30 pm Tap/Jazz  
Tuesday 4:30-5:15pm Competition Hip Hop  
Tuesday 6-6:45pm Recreational Hip Hop  
Wednesday 4:30-5:30pm Ballet  
Wednesday 5:30-6:30pm Lyrical

\*Ballet Req.\*

### Acrobatics ages 5+

\*skill based\*

Monday 4:45-5:30pm Leaps & Turns  
Monday 5-5:30pm Total Body Core  
Thursday 5:30-6:30pm Intro to Acro  
Thursday 5:30-6:30pm Level 1  
Thursday 4:30-5:30pm Level 2/3  
Thursday 6:30-7:30pm Competition Acro  
Saturday 11:30am-12:30pm Intro & Level 1

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## 8-week seasonal classes

### Tot Classes

Saturday 8:45-9:30am Tutu Tots (2.5-4.5yrs)  
Saturday 9-9:45am Tumble Tots (2.5-4.5yrs)  
Wednesday 4-4:30pm Dance with Me (18-36mths)  
Saturday 9:30-10am Dance with Me (18-36mths)

### Adult Classes

Monday 7-8pm Lyrical/Jazz  
Tuesday 6:45-7:45pm Hip Hop  
Wednesday 6:30-7:30pm Ballet  
Thursday 7:30-8:30pm Tap

**Dynamic Dance & Fitness 31 Mill Plain Road, Danbury, CT**

**DDFdanbury.org**

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