

# Zdance Movement and Wellness

Recreational Dance Schedule

September 2022-June 2023

| Ages 2-3                    | Ages 4-5  | Ages 6-8   | Ages 9-12   | Ages Teen  |
|-----------------------------|---|--|---|--|
| Monday                      |   |  |   |  |
|                             | 4:00-5:00pm<br>Jazz/Acro                                |  | 5:00-6:00pm<br>Hip Hop<br>6:00-7:00pm<br>CONTEMPORARY +<br>Mindful Movement<br>Exploration<br>7:00-8:00pm<br>Jazz | 8:00-9:00pm<br>CONTEMPORARY +<br>Mindful Movement<br>Exploration |
| Tuesday                     |   |  |   |  |
| 4:15-5:00pm<br>Groovy Tots  |   | 5:00-6:00pm<br>Hip Hop<br>6:00-7:00pm<br>Acro<br>7:00-8:00pm<br>Jazz                       |   | 8:00-9:00pm<br>Jazz  |
| Wednesday                   |   |  |   |  |
|                             | 4:00-5:00pm<br>Ballet/Creative<br>Movement              |  |   |  |
| Thursday                    |   |  |   |  |
| 4:15-5:00pm<br>Groovy Tots  | 4:15-5:15pm<br>Hip Hop                                  | 5:15-6:00pm<br>Musical Theatre<br>Jazz<br>6:15-7:15pm<br>Ballet<br>7:15-8:00pm<br>Tap      | 5:15-6:15pm<br>Ballet<br>6:15-7:15pm<br>Tap<br>8:00-9:00pm<br>Jazz  | 8:30-9:30pm<br>HIP HOP/K-Pop                                     |
| Friday                      |   |  |   |  |
| 4:15-5:00pm<br>Groovy Tots  | 4:15-5:15pm<br>Hip Hop                                  |  |   |  |
| Saturday                    |   |  |   |  |
| 8:15-9:00am<br>Groovy Tots  | 8:15-9:00am<br>Ballet/Creative<br>Movement              | 9:00-10:00am<br>Ballet<br>10:00-10:45am<br>Tap<br>11:00-11:45pm<br>Musical Theatre<br>Jazz | 9:00-10:00am<br>Acro<br>10:00-11:00am<br>Hip Hop  |  |
| Sunday                      |   |  |   |  |
| 9:15-10:00am<br>Groovy Tots | 9:00-10:00am<br>Jazz & Acro<br>10:00-11:00am<br>Hip Hop |  |   |  |