

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