

2023-2024 Schedule

The Woodstock School of Dance and Yoga

\* Refer to Age Eligibility Chart for Age Requirements \*

MONDAY			MONDAY			MONDAY		
						11:00 AM - 12:00 PM	Theresa (RYT)	Adult Classical Yoga - 7 Week Sessions
5:00 PM - 5:45 PM	Miss Anna	Pre-Ballet 2 (Ages 4)	5:15 PM - 6:00 PM	Miss Allison	Musical Theatre 1 & 2 (Age 7 & 8)			
5:45 PM - 6:45 PM	Miss Anna	Contemporary 1 & 2 (Age 9-11)	6:00 PM - 6:45 PM	Miss Allison	Hip-Hop 2 (Ages 8)			
6:45 PM - 7:45 PM	Miss Anna	Contemporary 3 (Age 12+)	6:45 PM - 7:45 PM	Miss Allison	Hip-Hop 4/5 (Ages 10-11)	7:00 PM - 8:00 PM	Aaron (RYT)	Adult Yoga & Meditation - 7 Week Sessions
7:00 PM - 8:00 PM	Miss Anna	Adult Contemporary - 7 Week Sessions						
TUESDAY			TUESDAY			TUESDAY		
4:30 PM - 5:00 PM	Miss Anna	Parent / Tot (ages 18-35 mos)	4:45 PM - 5:30 PM	Miss Elizabeth	Tap 1 (6 - 8 Years Old)			
5:00 PM - 5:30 PM	Miss Anna	Pre-Ballet 1 (Age 3)	5:30 PM - 6:15 PM	Miss Elizabeth	Jazz 2 / 3 (7 & 8 Years Old)	5:30 PM - 6:30 PM	Miss Allison	Musical Theatre 7 (Ages 12+)
5:30 PM - 6:15 PM	Miss Anna	Pre-Ballet 2 (Ages 4)	6:15 PM - 7:00 PM	Miss Elizabeth	Acro Dance 1 (Age 6)			
6:15 PM - 7:00 PM	Miss Anna	Pre-Primary Ballet (Age 6)	7:00 PM - 7:45 PM	Miss Elizabeth	Tap Duet	7:15 PM - 8:15 PM	Mary (RYT)	Adult Vinyasa Yoga - 7 Week Sessions
7:00 PM - 7:45 PM	Miss Anna	Jazz 4/5 (Ages 9-11)						
WEDNESDAY			WEDNESDAY			WEDNESDAY		
10:00 AM - 10:30 AM	Miss Anna	Parent / Tot (ages 18-35 mos)						
10:30 AM - 11:00 AM	Miss Anna	Pre-Ballet 1 (Age 3)						
3:45 PM - 4:45 PM	Miss Anna	Grade 5 Ballet Class A (both A & B required)	5:30 PM - 6:15 PM	Miss Allison	Hip-Hop 3 (Age 9)	6:00 PM - 6:45 PM	Miss Catina	Hip-Hop 1 (Age 7)
4:45 PM - 5:30 PM	Miss Anna	Pre-Jazz / Jazz 1 (5 & 6 Years Old)	6:15 PM - 7:00 PM	Miss Allison	Musical Theatre 3/4 (Age 9)	6:45 PM - 7:45 PM	Miss Catina	Hip-Hop 6 (Ages 12 +)
5:30 PM - 6:15 PM	Miss Anna	Pre-Ballet 3 (Ages 5)	7:00 PM - 8:00 PM	Miss Allison	Musical Theatre 6 (Age 10-11)	7:45 PM - 8:45 PM	Miss Catina	Adult Hip-Hop - 7 week Sessions
6:15 PM - 7:00 PM	Miss Anna	Beginner / Intermediate Ballet (Ages 8+)	8:00 PM - 8:45 PM	Miss Allison	Jazz 6 (experience required)			
THURSDAY			THURSDAY			THURSDAY		
3:45 PM - 4:45 PM	Miss Nicole	Grade 5 Ballet Class B (both A & B required)	4:45 PM - 5:30 PM	Miss Elizabeth	Tap 6 (Ages 12+)	11:30 AM - 12:30 PM	Theresa (RYT)	Adult Classical Yoga - 7 Week Sessions
4:45 PM - 5:30 PM	Miss Nicole	Grade 1 Ballet Class A (both A & B required)	5:30 PM - 6:15 PM	Miss Elizabeth	Primary Ballet (Age 7)			
5:30 PM - 6:30 PM	Miss Nicole	Grade 3 Ballet Class A (both A & B required)	6:30 PM - 7:15 PM	Miss Elizabeth	Tap 5 (Ages 9-11)	6:15 PM - 7:15 PM	Pam(RYT)	Adult Yoga Foundations - 7 Week Sessions
6:30 PM - 7:30 PM	Miss Nicole	Adult Pilates - 7 Week Sessions	7:15 PM - 8:15 PM	Miss Elizabeth	Acro Dance 3 (Ages 9-11)	7:30 PM - 8:30 PM	Pam(RYT)	Adult Yin Yoga - 7 Week Sessions
7:30 PM - 8:30 PM	Miss Nicole	Adult Beginner Ballet - 7 Week Sessions	8:15 PM - 9:00 PM	Miss Elizabeth	Adult Tap - 7 Week Sessions			
FRIDAY			FRIDAY					
4:45 PM - 5:30 PM	Miss Anna	Grade 1 Ballet Class B (both A & B required)	4:45 PM - 5:45 PM	Miss Elizabeth	Acro Dance 4 (Ages 12+)			
5:30 PM - 6:30 PM	Miss Anna	Grade 3 Ballet Class B (both A & B required)	5:45 PM - 6:30 PM	Miss Elizabeth	Acro Dance 2 (Ages 7 & 8)			
6:30 PM - 7:30 PM	Miss Anna	Adult Advanced Ballet						
SATURDAY			SATURDAY			SATURDAY		
9:00 AM - 9:30 AM	Miss Allison	Pre-Ballet 1 (Age 3)	8:45 AM - 9:15 AM	Miss Anna	Parent / Tot (ages 18-35 mos)	10:15 AM - 11:00 AM	Pam(RYT)	Baby & Me Yoga - 7 Week Sessions
9:30 AM - 10:15 AM	Miss Allison	Pre-Ballet 2 (Ages 4)	9:15 AM - 10:00 AM	Miss Anna	Pre-Jazz / Jazz 1 (5 & 6 Years Old)	11:15 AM - 12:15 PM	Pam(RYT)	Adult Prenatal Yoga - 7 Week Sessions
10:15 AM - 11:00 AM	Miss Elizabeth	Pre-Ballet 3 (Ages 5)	10:00 AM - 10:45 AM	Miss Anna	Jazz 2 / 3 (7 & 8 Years Old)			
11:00 AM - 11:45 AM	Miss Elizabeth	Pre-Primary Ballet (Age 6)	10:45 AM - 11:30 AM	Miss Anna	Primary Ballet (Age 7)			
11:45 AM - 12:30 PM	Miss Elizabeth	Acro Dance 1 & 2 (Age 6-8)						