

Spring Weekly Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-10:30am Mommy Meet-up <i>(prenatal-6 mos)</i>	10-10:45am Dancing Diapers <i>(6mos-3yrs w/caregiver)</i>		10-10:45am Open Practice <i>(Yoga, Meditation, Fitness Studio Use)</i>	9-9:30am Mindfulness Meditation <i>(Virtual only)</i>	10-10:45am Toddler Open Play <i>(up to 3 yrs w/caregiver)</i>
10:30-11am Rockin' Babies <i>(infant-6mos w/ caregiver)</i>			11-11:40am Chair Yoga <i>(In Studio & Virtual)</i>		11am-12pm Adult Yoga <i>(Vinyasa All Level: In Studio & Virtual)</i>
11am-12pm Adult Yoga <i>(Gentle: In Studio & Virtual)</i>		12-12:40pm Lunch Break Yoga <i>(In Studio & Virtual)</i>			
5-5:45pm Tiny Dancers <i>(ages 3-5)</i>	5-5:45pm Jr. Dance Combo <i>(ages 6-8)</i>	5-6pm Hip- Hop <i>(ages 8+)</i>	5-5:45pm Kids Yoga & Crafts <i>(Spring Session April 11- May 16)</i>		<i>CHECK OUT MONTHLY EVENTS OR BOOK YOUR PARTY TODAY!</i>
6-7pm Adult Dance Fitness <i>(In Studio & Virtual)</i>	6-7pm Pre-teen/ Teen Ballet	6-7pm Contemporary <i>(ages 8+)</i>	6-7pm Jazz <i>(ages 12+)</i>		<i>FACIALS & REFLEXOLOGY APPTS UPON REQUEST</i>
			7-8pm Adult Yoga/Barre Fusion <i>(In Studio & Virtual)</i>		

****SPRING DANCE SHOWCASE June 18th 6pm @ PVHS****

6-week Summer Dance Classes

July 16-Aug 1 & Aug 13-29

Tuesdays

4-5pm Tiny Dancers (Ages 3-6)
5-6pm Kids Ballet/Lyrical (ages 7-11)
6-7pm Teen Ballet/Lyrical (Ages 12+)

Thursdays

4-5pm Yoga Kids (Ages 5+)
5-6pm Kids Jazz/Hip-Hop (Ages 7-11)
6-7pm Teen Jazz/Hip-Hop (Ages 12+)

Summer Dance Camps

July 8-12 "ERAS TOUR" Kids Camp Ages 7+

Aug 5-9 "DANCING THROUGH THE DECADES" Teen Camp Ages 10+