

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			Sunday			
	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	
3:00-3:15		Tiny Tots			Musical Theater						Tiny Tots			4/5 yo			4/5 yo		9:00-9:15
3:15-3:30		Ballet/Tap			I, II						Ballet/Tap	Musical Theater	Tap	Gymnastics/HH	Contemporary	Elite Team	Gymnastics/HH	Reserved	9:15-9:30
3:30-3:45			4/5 yo	4/5 yo			Tiny Tots	4/5 yo	Voice & Stage			I, II	Team Rehearsal		Level II/III	Rehearsal			9:30-9:45
3:45-4:00			Jazz/HH	Gymnastics/HH			Ballet/Tap	Ballet/Tap	Presence				Technique &			**Invite Only**			9:45-10:00
4:00-4:15	Ballet	Tap			Climb	Strength/Flex			(9 & under)	Ballet	Climb		Choreography				4/5 yo		10:00-10:15
4:15-4:30	I, II	I, II, III			Team Rehearsal				Contemporary	11-	Team Rehearsal	Tap	Acro 11+	Ballet	Voice & Stage	Private Lessons for Teams	Ballet/Tap	Additional Rehearsals, Workshops, Clinics, etc. Ages 9+	10:15-10:30
4:30-4:45			Hip Hop	Hip Hop 11 & -	Technique &	Ballet	Jazz	Ballet	IV, V	*invite only	Technique &	IV/V	IV, V	II, III	Presence				10:30-10:45
4:45-5:00			I, II	Technique &	Choreography	IV, V	III	II, III (9+)			Choreography				(9 & under)				10:45-11:00
5:00-5:15	Ignite: Pre-Junior	Ignite: Pre-Mini		Choreography	Voice & Stage					Ascend Mini	Jazz/Hip Hop	Ballet					Tiny Tots		11:00-11:15
5:15-5:30	Team Rehearsal	Team Rehearsal			Presence				Strength/Flex	Team Rehearsal	I, II	11+ (Teens)	Potential	Potential	11+		Gymnastics		11:15-11:30
5:30-5:45	Technique &	Technique &	Jazz	Hip-Hop	(9 & under)	Hip-Hop	Strength/Flex 11-	Ignite: Pre-Mini	11+	Technique &		*invite only	time for	time for	Stretch/Flex	Private Lessons for Teams		Additional Rehearsals, Workshops, Clinics, etc. Ages 9+	11:30-11:45
5:45-6:00	Choreography	Choreography	II/III	II, III		IV/V	Ignite: Pre-Junior	Team Rehearsal	Jazz	Choreography			private lessons	private lessons	(shabbat dependent)				11:45-12:00
6:00-6:15	Hip Hop	Tap			Jazz 12 +		Team Rehearsal	Technique &	IV, V	Ascend Production							Tiny Tots		12:00-12:15
6:15-6:30	III, IV	Solo Rehearsal					Technique &	Choreography		Large Group							Ballet/Tap		12:15-12:30
6:30-6:45		Technique &	Hip Hop	Contemporary		Hip Hop 11 +	Choreography									Private Lessons for Teams		Additional Rehearsals, Workshops, Clinics, etc. Ages 9+	12:30-12:45
6:45-7:00		Choreography	III	II, III		Technique &	Ballet	Voice & Stage	Ballet										12:45-1:00
7:00-7:15	Reserved	Potential			Contemporary	Choreography	IV	Presence	V	Ascend - Teen	Ascend - Senior	Ascend - Junior							1:00-1:15
7:15-7:30		time for			12+			(9+)		Team Rehearsal	Team Rehearsal	Team Rehearsal							
7:30-7:45		private lessons	Potential	Reserved		Reserved				Technique &	Technique &	Technique &				Private Lessons for Teams		Additional Rehearsals, Workshops, Clinics, etc. Ages 9+	
7:45-8:00			time for				Reserved	Potential	Pre-Pointe	Choreography	Choreography	Choreography							
8:00-8:15			private lessons					time for	(Ages 9+)	Reserved		Ankle Strength							
8:15-8:30								private lessons				Ages 11+							
8:30-8:45																			
8:45-9:00																			

Ascend needs 2+ ballet per week

All comp teams need 1 ballet per week

Path to pointe shoes/pointe shoes: 3+ ballet per week

	Strength/Conditioning/Flexibility
	Competition Team
	Tiny Tots
	First Steps (4-5 year olds)
	Level I/II
	Level II/III
	Level IV/V