Studio Schedule

DANCE COMPANY

2025-2026 Season

(Class age is in parentheses.)

MONDAY

1:30pm - 2:30pm Dance 101: Jazz (5-7)

3:00pm - 3:45pm 123 Dance (2-3)

3:30pm - 4:30pm Creative Movement I (3-5)

4:30pm - 5:30pm Creative Movement II (5-7)

4:30pm - 5:30pm HipHop I (8-10)

5:30pm - 6:30pm Contemporary I (8-10)

6:30pm - 7:30pm HipHop II (11-13)

6:30pm - 8:00pm Contemporary & Tap III/IV

UESDA

3:15pm - 4:00pm Baby Bop (3-4)

4:00pm - 5:00pm Creative Movement II (5-7)

4:30pm - 5:30pm Tap I (8-10)

5:30pm - 6:30pm Ballet I (8-10)

5:30pm - 6:30pm Tap II (11-13)

6:30pm - 7:30pm Ballet II (11-13)

6:30pm - 7:30pm Petite Company

7:30pm - 8:30pm HipHop III/IV (14-18)

HDNESDA

1:30pm - 2:30pm Dance 101: Contemporary (8-10)

4:00pm - 5:00pm Intro to HipHop (5-7)

4:30pm - 5:30pm Creative Movement I (3-5)

5:00pm - 6:00pm Intro to Acro (5-7)

5:30pm - 6:30pm Contemporary II (11-13)

6:00pm - 7:00pm Acro I (8-10)

6:30pm - 7:30pm Musical Theater Production (8+)

7:00pm - 8:00pm Acro II (11-13)

HURS

D

3:15pm - 4:00pm Tumble Tot (3-4)

4:00pm - 5:00pm Jazz I (8-10)

4:00pm - 5:00pm Creative Movement I (3-5)

5:00pm - 6:00pm Creative Movement II (5-7)

5:00pm - 6:00pm Strength/Conditioning (8+)

6:00pm - 7:00pm Jazz II (11-13)

6:00pm - 7:00pm HipHop Company

7:00pm - 8:30pm Ballet & Jazz III/IV

FRIDA

9:00am - 10:00am Creative Movement II (5-7)

9:30am - 10:15am 1 2 3 Dance (2-3)

10:00am - 11:30am Ballet & Contemporary I (8-10)

NOTES

Trimester classes on separate schedule.

Private Lessons and Bak/Dreyfoos Audition
Prep Available, call to book.

• Schedule subject to change.

Denotes full class.



561,203,2669



studio@alistdancecompany.com



alistdancecompany.com



243a N US-1 Tequesta, FL