

FALL 2025 DANCE & Fitness SCHEDULE

Effective August 18th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO A	STUDIO A	STUDIO A	STUDIO A	STUDIO A	STUDIO A
<i>*6:00-7:00am</i> Barre (Ashley) 1:00-2:15pm Advanced Adult Ballet (Liz) <i>*2:15-3:15pm</i> Pilates (Diane) 3:45-4:45pm Pre-Ballet 1 (Rebecca) 4:45-6:15pm Advanced Lyrical (Rebecca) 6:15-7:45pm Pointe 1 & 2 (Liz)	<i>*9:00-10:00am</i> Sculpt (Valerie) 3:45-4:45pm Ballet 1B (Rebecca) 4:45-6:15pm Ballet 2A (Rebecca) 6:15-7:15pm Advanced Jazz (Rebecca)	<i>*6:00-7:00am</i> Barre (Ashley) <i>*9:00-10:00am</i> Beginner Adult Ballet (Senya) 4:00-5:00pm Ballet 1A (Rebecca) 5:00-6:00pm Jazz/Tap 1 (Rebecca) 6:00-7:00pm Pre-Ballet 2 (Rebecca) <i>7:00-7:45pm</i> Adult Ballroom (Taylor)	<i>*10:00-11:00am</i> Pilates (Diane) 3:45-4:45pm Pre-Ballet 2 (Amy) 4:45-6:15pm Pointe 2 (Amy) 6:15-7:45pm Pointe 1 (Amy)	<i>*6:00-7:00am</i> Sculpt (Valerie) 10:00-11:00am Pre-Ballet 1 (Zoe) <i>*12:00-1:00pm</i> Intermediate Adult Ballet (Liz) <i>*POP UP BALLROOM</i> DATE NIGHT (TAYLOR)	
STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B
3:00-4:30pm Ballet 3/Pre-Pointe (Liz) 4:30-5:30pm Lyrical/Jazz 2 (Liz) 5:30-6:15pm Tap 2 (Liz) 6:15-7:15pm Ballet 1 (Rebecca)	4:00-5:00pm Beginner Jazz/Tap (Zoe) 5:30-6:30 Scottish Country Dancing (Britany)	4:45-5:30pm Creative Ballet/Tumbling (Annie) 5:30-6:15pm Beginner Hip-Hop (Zoe) 6:15-7:00pm Intermediate Hip-Hop (Zoe) <i>*7:00-8:00</i> 1st Wednesday of the Month Worship Dance Fitness (Zoe)	3:45-4:45pm Creative Ballet/Tap/Tumbling (Annie) 4:45-6:00pm Ballet 2B (Liz) 6:00-7:30pm Ballet 3/Pre-pointe (Liz)	10:00-11:00am Creative Ballet/Tap (Rebecca) 10:00-11:00am Creative Ballet/Tap/Tumbling (Annie) Purple classes are included in the Adult Class Package. Class Package operates year-round. Adult Ballroom operates on a 4-week class rotation. All other classes will operate in the 16-week semester.	