

SUMMER 2025 DANCE & FITNESS SCHEDULE

Classes begin June 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO A	STUDIO A	STUDIO A	STUDIO A	STUDIO A	STUDIO A
6:00-7:00am <i>*Barre</i> (Ashley) <i>*bring yoga mat</i>		6:00-7:00am <i>*Barre</i> (Ashley) <i>*bring yoga mat</i>		6:00-7:00am <i>*Sculpt</i> (Valerie) <i>*bring yoga mat</i>	
	9:00-10:00am <i>*Pilates</i> (Valerie) <i>*bring yoga mat</i>		9:00-10:00am <i>*Pilates</i> (Diane) <i>*bring yoga mat</i>		
<hr/> 1:00-2:15pm Advanced Adult Ballet (Chandra)			<hr/> 11:00-12:00pm Beginner Hip-Hop Age 6-10 (Rebecca)	<hr/> 11:00-12:00pm Leaps, Turns & Tricks Age 12+ (Liz)	
2:15-3:15pm <i>*Beginner Adult Ballet</i>			12:00-1:00pm Lyrical/Jazz/Ballet Combo Age 10+ (Rebecca)	12:00-1:00pm <i>*Intermediate Adult Ballet</i> (Liz)	
3:15-4:45pm Ballet 2/3/Pre-Pointe (Liz)		5:00-5:45pm Teen Ballroom Age 12-18 (Taylor)			
4:45-6:45pm Pointe (Liz)		6:00-6:45pm Adult Ballroom (Taylor)	6:15-7:30pm Advanced Adult Ballet (Chandra)		
STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B
3:00-4:00pm Creative Ballet/Tumbling Age 3-5 (Rebecca)					
4:00-5:00pm Ballet 1 Age 5-11 (Rebecca)					
5:00-6:00pm Creative Ballet/Tumbling Age 3-5 (Rebecca)					

Adult classes *italicized*.
*Starred classes are part of the **Adult Class Package** & will run year-round.
*Summer dance semester for all other classes will run June 2-July 25.