

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
<p><i>*6:00-7:00am</i> Barre (Ashley)</p> <hr/> <p>1:00-2:15pm Advanced Adult Ballet (Liz)</p> <p>2:15-3:15pm TBD</p> <p>3:45-4:45pm Pre-Ballet 1 (Rebecca)</p> <p>4:45-6:15pm Advanced Lyrical (Rebecca)</p> <p>6:15-7:45pm Pointe 1 & 2 (Liz)</p>	<p><i>*9:00-10:00am</i> Pilates (Valerie)</p> <hr/> <p>3:45-4:45pm Ballet 1B (Rebecca)</p> <p>4:45-6:15pm Ballet 2A (Rebecca)</p> <p>6:15-7:15pm Advanced Jazz (Rebecca)</p>	<p><i>*6:00-7:00am</i> Barre (Ashley)</p> <hr/> <p><i>*9:00-10:00am</i> Beginner Adult Ballet (Senya)</p> <hr/> <p>4:00-5:00pm Ballet 1A (Rebecca)</p> <p>5:00-6:00pm Jazz/Tap 1 (Rebecca)</p> <p>6:00-7:00pm Pre-Ballet 2 (Rebecca)</p> <p><i>7:00-7:45pm</i> Adult Ballroom (Taylor)</p>	<p><i>*9:00-10:00am</i> Pilates (Diane)</p> <hr/> <p>3:45-4:45pm Pre-Ballet 2 (Amy)</p> <p>4:45-6:45pm Pointe 2 (Amy)</p> <p>6:15-7:45pm Pointe 1 (Amy)</p>	<p><i>*6:00-7:00am</i> Sculpt (Valerie)</p> <hr/> <p>10:00-11:00am Pre-Ballet 1 (Annie)</p> <p><i>*12:00-1:00pm</i> Intermediate Adult Ballet (Liz)</p> <hr/> <p><i>*POP UP BALLROOM</i> <i>DATE NIGHT</i> (TAYLOR)</p>	
STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B	STUDIO B
<p>3:00-4:30pm Ballet 3/Pre-Pointe (Liz)</p> <p>4:30-5:30pm Lyrical/Jazz 2 (Liz)</p> <p>5:30-6:15pm Tap 2 (Liz)</p>	<p>4:00-5:00pm Beginner Jazz/Tap (Zoe)</p>	<p>4:45-5:30pm Creative Ballet/Tumbling (Annie)</p> <p>5:30-6:15pm Beginner Hip-Hop (Zoe)</p> <p>6:15-7:00pm Intermediate Hip-Hop (Zoe)</p>	<p>3:45-4:45pm Creative Ballet/Tap/Tumbling (Annie)</p> <p>4:45-6:00pm Ballet 2B (Liz)</p> <p>6:00-7:30pm Ballet 3/Pre-pointe (Liz)</p>	<p>10:00-11:00am Creative Ballet/Tap (Rebecca)</p>	<p>10:00-11:00am Tentative Creative Ballet/Tap/Tumbling (Annie)</p>

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.