

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 Barre (Ashley)</i> 1:00-2:15pm Advanced Adult Ballet (Liz) <i>*2:15-3:15pm Pilates (Diane)</i> 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 Sculpt (Valerie)</i> 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 Barre (Ashley)</i> <i>*9:00-10:00am Beginner Adult Ballet</i> (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 Adult Ballroom (Taylor)</i>	<i>*10:00-11:00am Pilates (Diane)</i> 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 Sculpt (Valerie)</i> 10:00-11:00am Pre-Ballet 1 (Zoe) <i>*12:00-1:00pm Intermediate Adult Ballet</i> (Liz) <i>*POP UP BALLROOM DATE NIGHT (TAYLOR)</i>	
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)	5:30-6:30 <i>Scottish Country Dancing</i> (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 1st Wednesday of the Month Worship Dance Fitness</i> (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) 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.	10:00-11:00am Creative Ballet/Tap/Tumbling (Annie)