



ADK Dance Studio 2023-2024 Schedule



Classes begin Tuesday, September 5th

Come join our dance family!



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Monday

4:00-4:30pm Adaptive Dance/Movement
Ages 3-7

4:30-5:15pm Ballet/Creative Movement
Ages 2-4

5:15-6:15pm Ballet & Tap Ages 5-7

6:20-7:20pm Adult Ballet (All levels)

6:20-7:20pm Barre Fitness (small studio)

7:30-8:30pm Adult Musical Theater

Tuesday

4:15-5:15pm Teen Lyrical

5:15-6:15pm Hip Hop Ages 4-8

6:15-7:00pm Beginner Tap


6:30-7:00pm Adult Lyrical (Level II)
(small studio)

7:10-8:10pm Adult Jazz (Level II)

8:15-9:15pm Adult Tap (Level II)

Wednesday

10:00-11:00am Adult Senior Tap
(Level II)



Thursday

3:45-4:45pm Kids Yoga & Relaxation
Ages 4+ (Small Studio)

4:15-5:15pm Jazz/Tap/Ballet Ages 9-12

5:15-6:00pm Hip Hop Ages 9-12

6:00-7:00pm Teen Hip Hop Ages 13+

7:00-8:00pm Adult Jazz/Lyrical (Level III)
(includes advanced floorwork)

Friday

10:00-10:45am Tumbling Tots
Ages 2.5- 5
(email for sessions/start date)

10:45-11:30am Open Gym Toddler
\$5 Drop-in
(email for sessions/start date)

11:30-12:00pm Story Time & Craft
(Special dates announced)

6:30-7:30pm Peace Rest & Salt
Guided Meditation & Relaxation
(Special dates announced)

Saturday

9:00-10:00am Ballet/Creative Movement
Ages 2-3

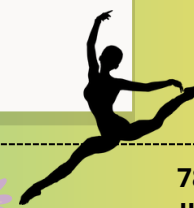
10:00-11:00am Tap/Jazz/Ballet Ages 4-6

11:00-12:00pm Tap/Jazz/Ballet Ages 7-9

Special events & birthday parties
held at 12:30pm

Schedule subject to change. More Special Classes, Sessions, Camps, and Kid Night Out events to be added throughout the year!

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