

## 2023/2024 School Year Training Classes (Aug 7, 2023 - May 24, 2024)

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM - 11:00 AM <b>Adult Conditioning</b>	10:00 AM - 11:00 AM <b>Adult Conditioning</b>	6:00 AM - 7:00 AM <b>Fitness Boot Camp</b>	10:00 AM - 11:00 AM <b>Adult Conditioning</b>	6:00 AM - 7:00 AM <b>Fitness Boot Camp</b>
4:30 PM - 5:30 PM <b>Beginner Tap</b>	12:00 PM - 1:00 PM <b>Overtures- Ballet/Tap</b>	10:00 AM - 11:00 AM <b>Adult Conditioning</b>	4:30 PM - 5:30 PM <b>Beginner leaps/turns/technique</b>	10:00 AM - 11:00 AM <b>Adult Conditioning</b>
4:30 PM - 5:30 PM <b>Overtures II ballet/technique</b>	4:30 PM - 5:30 PM <b>Overtures Ballet/tap</b>	4:00 PM - 5:00 PM <b>Stretch and Conditioning</b>	5:00 PM - 5:30 PM <b>MECKKA Minis I Rehearsals</b>	4:30 PM - 5:30 PM <b>Pre-dance jazz/hip-hop</b>
4:30 PM - 5:30 PM <b>Overtures Jazz/Hiphop</b>	4:30 PM - 5:30 PM <b>Overtures I Ballet/tap</b>	4:30 PM - 5:30 PM <b>Overtures II Tap/jazz</b>	5:30 PM - 7:00 PM <b>Ballet III &amp; IV</b>	5:00 PM - 6:00 PM <b>Tiny Acro</b>
5:30 PM - 7:00 PM <b>Ballet II</b>	5:00 PM - 6:00 PM <b>Pre-dance Ballet/tap</b>	5:00 PM - 6:00 PM <b>Jazz II</b>	5:30 PM - 7:00 PM <b>Pre-Dance II Ballet/technique</b>	5:15 PM - 6:00 PM <b>Cheyenne HH Rehearsals</b>
5:30 PM - 6:00 PM <b>MECKKA babes rehearsals</b>	5:30 PM - 6:00 PM <b>MECKKA minis 2 tap rehearsal</b>	5:30 PM - 6:00 PM <b>MECKKA Babes Rehearsals</b>	7:00 PM - 8:00 PM <b>Beginner ballet</b>	6:00 PM - 7:00 PM <b>Advanced Acro</b>
6:00 PM - 7:00 PM <b>leaps/turns/technique II &amp; III</b>	5:30 PM - 6:00 PM <b>Mini 1 Rehearsal</b>	6:00 PM - 7:00 PM <b>Jazz I</b>	7:00 PM - 7:30 PM <b>Mini 2 rehearsal</b>	6:00 PM - 7:00 PM <b>Beginner hip hop</b>
7:00 PM - 8:00 PM <b>Advanced contemporary</b>	6:00 PM - 7:00 PM <b>Pre-Dance II jazz/tap</b>	6:00 PM - 7:00 PM <b>leaps/turns/technique II &amp; III</b>	7:00 PM - 8:00 PM <b>Pointe</b>	7:00 PM - 8:00 PM <b>Beginner &amp; Pre-Dance Acro</b>
7:00 PM - 8:00 PM <b>Leaps/Turns/technique I</b>	6:00 PM - 7:00 PM <b>Stretch and Conditioning</b>	7:00 PM - 8:00 PM <b>Ballet III &amp; IV</b>	7:30 PM - 8:30 PM <b>Ballet I</b>	7:00 PM - 8:00 PM <b>Intermediate hip hop</b>
8:00 PM - 9:30 PM <b>Ballet IV w/pointe</b>	7:00 PM - 8:00 PM <b>Combo tap</b>	7:00 PM - 8:00 PM <b>Leaps/Turns/technique I</b>	8:00 PM - 9:30 PM <b>Ballet II</b>	8:00 PM - 9:00 PM <b>Advanced Hip hop</b>
8:00 PM - 9:00 PM <b>Intermediate Contemporary</b>	7:15 PM - 8:00 PM <b>MECKKA Movers Rehearsals</b>	8:00 PM - 9:00 PM <b>Adult fusion</b>	8:30 PM - 9:30 PM <b>Adult Ballet</b>	8:00 PM - 9:00 PM <b>Intermediate Acro</b>
	8:00 PM - 9:00 PM <b>Tap II</b>	8:00 PM - 9:00 PM <b>Jazz III</b>		
	8:00 PM - 9:30 PM <b>Ballet III</b>			