

2022/2023 School Year Training Classes

Class times subject to change based on enrollment

(Classes must have at least 3 dancers)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00am-7:00am		6:00am-7:00am
		Fitness Boot Camp		Fitness Boot Camp
10:00am-11:00am Adult Conditioning Class	10:00am-11:00am Adult Conditioning Class	10:00am-11:00am Adult Conditioning Class	10:00am-11:00am Adult Conditioning Class	10:00am-11:00am Adult Conditioning Class
	12:00pm-1:00pm Overtures (ages 3-5) Ballet/Tap			
4:30pm-5:00pm MECKKA Babe team rehearsal	4:30pm-5:30pm Beginner Hip Hop Pre-dance II (6-8 year old) Jazz/Tap	4:30pm-5:30pm Adult tap	4:30pm-5:30pm Beginner Jazz Pre-dance (6-8 years old) jazz/hiphop	4:30pm-5:30pm Beginner technique Tiny's acro (3-5 year old)
5:00pm-6:00pm Overture II ballet/technique		Overtures II Tap/Jazz	5:00pm-6:00pm Ballet III	5:30pm-6:15pm MECKKA Movers Rehearsals
5:30pm-6:30pm Intermediate Technique Advanced Contemporary	5:30pm-6:30pm Ballet II Jazz I MECKKA mini Rehearsal	5:30pm-6:30pm Intermediate/advanced tap Overtures (3-5 year old) ballet/tap MECKKA Babes Rehearsal	5:30pm-6:30pm Ballet I	5:30pm-6:30pm Intermediate/advanced acro
6:30pm-7:30pm Intermediate Contemporary Advanced Technique	6:30pm-7:30pm Advanced hip-hop Beginner Ballet Intermediate Jazz	6:30pm-7:30pm Ballet II & III Beginner tap Pre-dance (6-8 year old) ballet/tap	6:30pm-7:15pm Pre-Dance II ballet/technique MECKKA Movers Rehearsals	6:30pm-7:30pm Beginner & Pre-dance acro
7:30pm-9:00pm Ballet IV w/Pointe			7:30pm-9:00pm Ballet IV w/ pointe	
7:30pm-8:30pm Ballet III	7:30pm-8:30pm Adult Fusion Advanced Jazz Intermediate hip-hop	7:30pm-8:30pm Pointe Stretch & Conditioning	7:30pm-8:30pm Beginner tap II MECKKA Minis Rehearsals	
8:30pm-9:30pm Ballet II			8:00pm-9:00pm Adult Ballet	