

“Breaking Barriers” Hip-Hop **WRK** Shop

DATE: June 17th-20th 2019

WHERE: WRK.PLC. 557 East Main St. Suite B

PRICE: \$150

Includes: Freestyle, R&B Groove, TWRK. Out, Up & Coming Hip-Hop, Contemporary Hip-Hop, Footwork, Old School, & Popping Combo.

MONDAY:

- ★ Warmup
- ★ Musicality in Hip Hop - *Breaking through the way you feel rhythms.*
- ★ New Style Hip-Hop - *Breaking through your comfort zone.*
- ★ Footwork - *Breaking through your upper body tendencies*

TUESDAY:

- ★ Warmup
- ★ Contemporary Hip-Hop - *Breaking through to new levels.*
- ★ R&B Groove - *Breaking through static movement*
- ★ Popping Combo - *Breaking through fluid tendencies*

WEDNESDAY: NO CLASSES

THURSDAY:

- ★ Warmup
- ★ Old School - *Breaking through your current style awareness*
- ★ R&B Groove - *Breaking through static movement*
- ★ Freestyle - *Breaking through self-doubt.*

MONDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warmup	11:00-11:30	Dorinda Walker
Musicality in Hip Hop	11:30-12:30	Dorinda Walker
BREAK	12:30-12:35	-----
Up & Coming Hip-Hop	12:35-1:35	Zach Walker
LUNCH	1:35-2:25	-----
FootWRK.	2:25-3:25	Zach Walker

TUESDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Warmup	11:00-11:30	Jessi Peralta Thompson
Contemporary Hip Hop	11:30-12:30	Jessi Peralta Thompson
BREAK	12:30-12:35	-----
Ladies Stage	12:35-1:35	Dorinda Walker
LUNCH	1:35-2:25	-----
Popping Combo	2:25-3:25	Nick Wilson

****WEDNESDAY SCHEDULE: NO CLASSES******THURSDAY SCHEDULE:**

CLASS:	TIME:	INSTRUCTOR:
Warmup	11:00-11:30	Zach Walker
Old School Hip-Hop	11:30-12:30	Zach Walker
BREAK	12:30-12:35	-----
R&B Groove	12:35-1:35	Jessi Peralta Thompson
LUNCH	1:35-2:25	-----
Freestyle	2:25-3:25	Nick Wilson