

Fall 2025 Weekly Class Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
8:00 AM		Stretch & Strengthen 8:00-8:45										
8:30 AM					Strengthen & Condition 8:30-9:15		Latin/Hip Hop 8:30-9:30		Grateful Pilates 8:30-9:30			
9:00 AM	Latin/Hip Hop 8:45-9:45		Beg. Ballet 8:30-9:30								Stretch, Strengthen, Breath & Reflect 9:00-10:00	
9:30 AM			Little & You-Music 9:30-10:30		Pilates 9:30-10:30		Core & Restore 9:30-10:15		Restorative Yoga 9:45-10:45			
10:00 AM							Vinyasa Flow 9:30-10:15				Afro Beats 10:00-11:00	Family Flamenco 10:15-11:15
10:30 AM					Vinyasa Flow 9:30-10:30							
11:00 AM												
11:30 AM											Adv A Ballet 11:30-12:30	Pre-K Movement 11:30-12:15
12:00 PM									Vinyasa Flow 12:00-1:00			
12:30 PM					Power Yoga 12:30-1:15		Yoga Sculpt 12:30-1:15				Adv A Rehearsal 12:30-1:30	K-1st Movement 12:30-1:15
1:00 PM										Int/Adv Tap 1:00-2:00		
1:30 PM												
2:00 PM											Adv A & B Foundations 1:45-2:45	Master Classes 1:45-2:45
2:30 PM		Little's Tap 2:30-3:15			2's Class 2:30-3:00							
3:00 PM											Birthday Slots 3:00-6:00	
3:30 PM	Beg. Elementary Hip Hop (1st-4th) 3:30-4:30	Elementary Tap (3rd-5th) 3:30-4:30	Pre-K 3:30-4:15		2nd Ballet 3:30-4:30	Elementary Pop (1st-2nd) 3:30-4:15	Ballet C & 3rd/4th 3:30-4:30	Pre-K Ballet 3:30-4:15	Boys Ballet 3:30-4:30	Hip Hop (2nd-4th Beg) 3:30-4:30		
4:00 PM				Elementary Improv/Choreo 3:30-4:15								
4:30 PM	Horton/Modern 5:30-6:30	Adv Hip Hop (Invite Only) 4:30-5:30	Kindergarten Ballet 4:30-5:15	Elementary Modern 4:30-5:30	Ballet B1/B2 4:30-5:30	Elementary Tap (1st-2nd) 4:30-5:15	Adv A/B Ballet (Invite Only) 4:30-5:30	1st Ballet 4:30-5:30	MS Modern Dance 4:30-5:30	Hip Hop (Invite Only Group 2) 4:30-5:30	Sunday	
5:00 PM												
5:30 PM	Ballet C 4:30-5:30	Beg/Int Hip Hop (1st-4th) 5:30-6:30	Open Ballet 5:30-6:30	MS Improv/Choreo 5:30-6:30	3rd-6th Pop 5:30-6:30	Turns & Leaps (3rd-5th) 5:30-6:30	Pre-Pointe/Pointe 5:30-6:30 *Pre pointe stays until 6:00	Elementary Lyrical 5:30-6:30	MS Tap 5:30-6:30	Break Dance Beg/Int 5:30-6:30	Studio A	Studio B
6:00 PM												
6:30 PM	Adv A Technique Barre/Pointe 6:30-7:45	MS Lyrical Adv B 6:30-7:30	Mix A/B Ballet (Invite Only) 6:30-7:30	Elementary Turns & Leaps (5th-6th) 6:30-7:30	MS Pop 6:30-7:30	Elementary Broadway 7:00-7:45	MS Turns & Leaps (Invite Only) 6:30-7:30	Adult Strength & Conditioning 6:30-7:15				
7:00 PM											Family West African 11:30-12:30	
7:30 PM		Adult Contemporary 7:30-8:30	Rehearsal/Variations 7:30-8:30	Adult TBD 7:30-8:30	MS Lyrical Adv A 7:30-8:30	Adult Tap w/ Derek 7:45-8:45	Music Video Ages 9-13 7:30-8:30	MS Broadway 7:30-8:30				
8:00 PM	Rehearsal 7:45-8:30											
8:30 PM												
	Pre-K & Family Classes		Elementary		Upper Elementary /MS Mix		Middle School or High School		Advance A		Advance B	
									Mix A/B		Adult	