

RISE SUMMER 2025 SCHEDULE

TEAL STUDIO

LIME GREEN STUDIO

NEW STUDIO

MON

5:00-5:45 BALLET 1
5:45-6:45 COMBO 1
6:45-7:30 JAZZ 3
7:30-8:15 BALLET 3
8:15-9:00 TAP 3

TUES

5:00-5:45 BALLET 2
5:45-6:45 COMBO 2
6:45-7:30 LEAPS/TURNS 3
7:30-8:15 LYRICAL/CONTEMP 1
8:15-9:00 TAP 4

WED

5:00-5:30 ME & MY SHADOW
5:30-6:15 PRE-DANCE COMBO
6:15-6:45 CREATIVE MOV'T
6:45-7:30 RISING STARS
7:30-8:15 LEAPS/TURNS 4
8:15-9:00 TAP 5

THUR

5:00-5:45 MINI LYRICAL
5:45-6:30 MINI HIP HOP/HIP HOP 1
6:30-7:15 COMPANY
7:15-8:00 HIP HOP 2
8:00-8:30 ADULT TAP

SAT

MON

5:00-6:15 BALLET 5
6:15-6:45 POINTE
6:45-7:30 COMPANY
7:30-8:15 TAP 6
8:15-9:00 COMPANY

TUES

5:00-5:45 COMPANY
5:45-6:30 COMPANY
6:30-7:30 BALLET 4
7:30-8:15 COMPANY
8:15-9:00 COMPANY

WED

5:15-6:00 COMPANY
6:00-6:45 COMPANY
6:45-7:30 COMPANY
7:30-8:30 JAZZ 6
8:30-9:15 COMPANY

THURS

5:00-5:45 JAZZ 5
5:45-6:30 COMPANY
6:30-7:15 COMPANY
7:15-8:00 COMPANY
8:00-8:45 JAZZ 4

SAT

9:00-9:45 ADV STRETCH/STRENGTHEN
9:45-10:30 LEAPS/TURNS 5 & 6

MON

TUES

6:00-6:45 INT STRETCH/STRENGTHEN

WED

THURS

7:15-8:00 RECOVERY STRETCH

SAT

