



2025-2026 Schedule of Classes

*Competitive Company Dances - Mini: 6-9, Youth: 10-12, Junior: 13-15

Senior: 16 & up (age of dancer: Aug. 31, 2025)

*All Dancers must be invited into Company Dances

Schedule Begins: August 10, 2025

25-26 Season runs August - May

Monday:

Studio A:

5:00 - 5:45 - Drill Team Prep-kicks/tech/choreo (age 10+)
5:45 - 6:30 - *Junior/Senior Team Novelty
6:30 - 7:30 - Technique III (age 13 & up)
7:30 - 8:15 - *Senior Elite Team Lyrical
8:15 - 9:00 - *Senior Select Team Contemporary

Studio B:

5:00 - 6:00 - Flex/Ballet/Conditioning (age 9-12)
6:00 - 7:00 - Youth Technique (age 10-12)
7:00 - 7:45 - *Youth Team Novelty
7:45 - 8:45 - Technique I (age 13+)

Tuesday:

Studio A:

5:15 - 6:15 - Mini Technique (age 6-9)
6:15 - 7:00 - *Junior Team Contemporary
7:00 - 8:00 - Technique II (age 13 +)
8:00 - 8:45 - *Junior Select Team Jazz

Studio B:

5:00 - 5:45 - Pre-Ballet/Creative Movement (age 2.5 - 5)
5:45 - 6:30 - Jazz/Acro/Hip Hop (age 5-7)
6:30 - 7:15 - Jazz/Acro/Hip Hop (age 8-11)
7:15 - 8:00 - Stretch/Flexibility
8:00 - 8:45 - Jazz/Hip Hop (age 12+)

Wednesday:

Studio A:

5:00 - 5:45 - Lyrical/Contemporary (age 8-11)
5:45 - 6:45 - Flexibility//Ballet/Conditioning (age 13+)
6:45 - 7:30 - *Junior/Senior Elite Team Pom
7:30 - 8:15 - *Senior Team Open
8:15 - 9:00 - *Senior Elite Team Jazz

Studio B:

5:00 - 5:45 - Ballet (age 6-8)
6:45 - 7:30 - Leaps - Turns and Progressions
7:30 - 8:15 - Turns - Drills and Progressions
8:15 - 9:00 - Lyrical/Contemporary - Age (12 +)

Thursday:

Studio A:

5:00 - 5:45 - *Mini Team Jazz
5:45 - 6:30 - *Youth Team Jazz
6:30 - 7:15 - *Youth Elite Team Lyrical
7:15 - 8:00 - *Junior Team Lyrical

Studio B:

5:45 - 6:30 - *Mini Team Novelty
6:30 - 7:15 - *Junior/Senior Hip Hop
7:15 - 8:00 - *Youth Team Hip Hop
8:00 - 8:45 - Dance Team Enrichment

Friday:

Studio A:

6:00 - 7:00 - Solo/Duet Class
* Starts November

Sunday:

Studio A:

1:00 - 2:00 - Tumbling - (Int/Adv age 13+)
2:00 - 3:00 - Tumbling - (Beg/Int age 13+)
3:00 - 4:00 - Tumbling - (age 8-12)

13+ Technique Breakdown:

Technique 1 focuses on building fundamental skills of placement and footwork as well as leaps and turns, while Technique 2 requires a higher level of proficiency and mastery of specific dance techniques including but not limited to multiple pirouettes, a la second turns, and leaps that involve switching of the legs. Technique 3 is for advanced dancers that have mastered and are continually working on changing spots on turns, multiple rotations and combinations in turn combos, switching leaps and combining multiple leaps and turns in succession.