



2022-2023 Schedule of Classes

*Competitive Company Dances - Tiny: 3-6, Mini: 7-9, Youth: 10-12, Junior:13-15
Senior: 16 & up (age of dancer: Aug. 31, 2022)
All Dancers must be placed into Company Dances

Schedule Begins: August 8, 2022

Monday:

Studio A:

5:00 - 6:00 - Youth Technique (age 10-12)
6:00 - 7:00 - Technique III (age 13 & up)
7:00 - 8:00 - Technique II (age 13 & up)
8:00 - 8:45 - *Senior Select Contemporary

Studio B:

5:00 - 6:00 - Mini Technique (age 7-9)
6:00 - 7:00 - Ballet/Conditioning (age 10-12)
7:00 - 8:00 - Ballet/Conditioning II (age 13 & up)
8:00 - 9:00 - Ballet/Conditioning I (age 13 & up)

Tuesday:

Studio A:

5:00 - 5:45 - *Mini/Youth Elite Team Contemporary
5:45 - 6:30 - *Youth Team Lyrical
6:30 - 7:15 - *Junior/Senior Team Hip Hop
7:15 - 8:15 - Technique I (age 13+)
8:15 - 9:00 - Jazz Tech & Choreo (age 10+)

Studio B:

5:00 - 5:45 - Ballet/Tap (age 3-6)
5:45 - 6:30 - *Mini Team Jazz
6:30 - 7:15 - Ballet/Conditioning (age 6-9)
7:15 - 8:00 - Lyrical/Contemporary (age 10+)

Wednesday:

Studio A:

5:00 - 5:45 - *Youth Team Hip Hop
5:45 - 6:30 - *Youth Team Novelty
6:30 - 7:15 - *Junior Elite Team Jazz
7:15 - 8:00 - *Senior Elite Team Lyrical
8:00 - 8:45 - *Senior Elite Team Jazz

Studio B:

5:00 - 5:45 - Jazz-Funk/Acro (age 3-5)
5:45 - 6:30 - Jazz-Funk/Acro (age 6-9)
6:30 - 7:15 - Stretch and Flexibility
7:15 - 8:00 - Leaps - Drills and Progressions
8:00 - 8:45 - Turns - Drills and Progressions

Thursday:

Studio A:

5:00 - 5:45 - *Junior Team Open
5:45 - 6:30 - *Junior Elite Contemporary
6:30 - 7:15 - *Junior/Senior Team Pom
7:15 - 8:00 - *Junior/Senior Team Novelty
8:00 - 8:45 - *Senior Select Team Open

Studio B:

5:00 - 5:45 - Core Strength & Alignment
5:45 - 6:30 - *Tiny Team Jazz
6:30 - 7:15 - Lyrical/Jazz tech & choreo (age 8-12)
7:15 - 8:00 - Modern (age 10 +)
8:00 - 8:45 - *Senior Elite Prep Ensemble

Friday:

Studio A:

5:00 - 5:45 - *Mini Team Lyrical
5:45 - 6:30 - *Mini Team Novelty
6:30 - 7:30 - Solo/Duet Class

Studio B:

5:00 - 5:45 - Tap (age 10 & up)
5:45 - 6:30 - Acro for Dancers (age 10 & up)

Saturday:

Studio A:

10:00 -11:00 - School Dance Team Enrichment - Kick & Conditioning
11:00 - 12:00 - School Dance Team Enrichment - Leaps & Turns

Sunday:

Studio A:

1:00 - 2:00 - Tumbling (Group A) - (Adv age 10+)
2:00 - 3:00 - Tumbling (Group B) - (age 5 - 9)
3:00 - 4:00 - Tumbling (Group C) - (Beg/Int age 10+)