



2023-2024 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, 2023)

All Dancers must be placed into Company Dances

Schedule Begins: August 6, 2023

23-24 Season runs August - May

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:

5:15 - 6:00 - *Tiny Company Team

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 - Ballet/Conditioning (age 6-9)

5:45 - 6:30 - *Junior Elite Team Lyrical

6:30 - 7:15 - *Junior Select Team Jazz

7:15 - 8:00 - *Senior Elite Team Lyrical

8:00 - 8:45 - *Senior Elite Team Jazz

Studio B:

5:45 - 6:45 - Mini Technique (age 6-9)

6:45 - 7:30 - *Mini/Youth Elite Lyrical

7:30 - 8:30 - Technique I (age 13 & up)

Wednesday:

Studio A:

5:00 - 5:45 - Jazz/Acro (age 6-9)

5:45 - 6:30 - *Jr/Sr Team Pom/Open

6:30 - 7:15 - *Jr/Sr Team Novelty

7:15 - 8:00 - *Youth Select Team Contemporary

8:00 - 8:45 - Jazz (age 10+)

Studio B:

5:00 - 5:45 - Ballet/Jazz/Acro Combo (age 3-5)

5:45 - 6:30 - Hip Hop (age 6-9)

6:30 - 7:15 - Core Strength and Conditioning

7:15 - 8:00 - Leaps - Drills and Progressions

8:00 - 8:45 - Turns - Drills and Progressions

Studio C:

6:30 - 7:15 - Hip Hop (age 10+)

7:15 - 8:00 - Modern/Contemporary (age 10+)

Thursday:

Studio A:

5:00 - 5:45 - *Youth Team Novelty

5:45 - 6:30 - *Youth Team Jazz

6:30 - 7:15 - *Junior/Senior Team Hip Hop

7:15 - 8:00 - *Junior Team Open

8:00 - 8:45 - College Dance Team Prep (HS only)

Studio B:

5:00 - 5:45 - *Mini Team Jazz

5:45 - 6:30 - *Mini Team Novelty

6:30 - 7:15 - *Mini/Youth Team Pom

7:15 - 8:00 - Stretch and Flexibility

8:00 - 8:45 - lyrical/jazz tech & choreo (age 12+)

Friday:

Studio A:

5:00 - 5:45 - Tap (age 10 & up)

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

6:30 - 7:30 - Solo/Duet Class

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+)