2022-2023 Schedule

MACNIDAY		Ī					
MONDAY		4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	8:30-9:15
		Beginner Ballet	Intermediate Ballet	Pointe	Advanced Ballet	7:30-8:30 Advanced Contemporary- Lyrical	Advanced Jazz
	12pm Yoga		Beginner Hip Hop				
		Mini Comp.		Intermediate Hip Hop	Intermediate Contemp-Lyrical		
TUESDAY				5:55-6:40	6:45-7:30		
		4:30 Bikram Yoga	5:15 teen/Sr turns & Leaps	Beginner Advanced Contemporary-Lyrical	Advanced Hip Hop		
				6:00-7 :00 Comp Cont Lyrical			
WEDNESDAY		4:15-5:00		5:55-6:40	6:45-7:30	7:30-8:15	
		Beginner Ballet	Beginner Advanced Ballet	ACRO-IBFF FIT Kids	Jr/Teen Comp	7:35-? Sr. Comp	
		Preschool	Beginner tap	Beginner Adv. Hip Hop			
				Beginner Adv. Tap			

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THURSDAY			4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	8:15-9:00
			1125 5150	Inter. & Int. Adv Jazz	Intermediate Tap	Intermediate Advanced/Adv. Tap	7.50 0.13	5.13 5.00
FRIDAY			4:15-5:00	5:00-5:45	5:55-6:40	6:45-7:30	7:30-8:15	8:30-9:15
SATURDAY		9:15-10:00	10:10-10:55	11:05-11:50				
	8 am Bikram Yoga- Silent		Preschool	Beginner Adv. Tap				
			Beginner Tap	Beginner Ballet				

Classes Subject to change. *5 participants minimum to hold a class.

Bikram Yoga Students: Bring your own mats and towels,we do not provide. No showers on property. Prior to attending silent yoga, you must of attended 5 regular Bikram Yoga classes.