2023-2024 Schedule

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
				Beginner Hip Hop				
					Intermediate Hip Hop	Intermediate Contemp-Lyrical		
TUESDAY					5:55-6:40	6:45-7:30	7:30-8:30	
				5:15 teen/Sr turns & Leaps	Beginner Advanced Contemporary-Lyrical	Intermediate- Advanced Hip Hop	Adult tap- beginner- 8 week class	
					6:00-7 :00 Comp Cont Lyrical	6:45 Bikram Yoga		
WEDNESDAY			4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	
	9:30-10:15- preschool	12 pm yoga	Beginner Ballet	Beginner Advanced Ballet	ACRO- Kids	Teen Comp	Sr. Comp	
	10:15-11:00 Mommy & Me		Preschool	Beginner tap	Beginner Adv. Hip Hop			

2023-2024 Schedule

THURSDAY			4:15-5:00	5:00-5:45	5:45-6:30	6:30-7:15	7:15-8:00	8:00-9:00
				Mini Comp	Jr Comp	Intermediate Tap	Intermediate Advanced/Adv. Tap	Adult tap- Advanced- 8 week class
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-		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.