

MONDAY

Studio A	
9:00	
9:00	
9:00	
10:00	
10:00	
10:00	
11:00	Ballet III
11:00	11:00-12:30
11:00	
11:00	
12:00	
12:00	
12:00	
1:00	Junior Team Practice
1:00	12:45-2:15
1:00	
1:00	
2:00	
2:00	
2:00	
3:00	Senior Team Practice
3:00	2:30-4:00
3:00	
3:00	
4:00	
4:00	Ballet II
4:00	4:15-5:45
5:00	
5:00	
5:00	
6:00	Ballet I/II
6:00	5:45-7:00
6:00	
6:00	
7:00	
7:00	
7:00	
8:00	
8:00	
8:00	
9:00	
9:00	
9:00	
Studio A	

Studio B	
9:00	
9:00	
9:00	
10:00	
10:00	
10:00	
11:00	Ballet II
11:00	11:00-12:30
11:00	
11:00	
12:00	
12:00	
12:00	
1:00	Strength & Flexibility III/IV (10+)
1:00	1:00-1:30
1:00	Leaps, Turns & Jumps IV (10+)
1:00	1:30-2:15
2:00	
2:00	
2:00	
3:00	Strength & Flexibility II/III (10+)
3:00	2:30-3:00
3:00	Leaps, Turns & Jumps III (10+)
3:00	3:00-3:30
4:00	
4:00	
4:00	
5:00	Ballet I (7-9 yrs)
5:00	5:00-6:00
5:00	
5:00	
6:00	Ballet I (10+)
6:00	6:00-7:00
6:00	
6:00	
7:00	Jazz I/II (10+)
7:00	7:00-7:45
7:00	
7:00	
8:00	
8:00	
8:00	
9:00	
9:00	
9:00	
Studio B	

Studio C	
9:00	
9:00	
9:00	
10:00	
10:00	
10:00	
11:00	
11:00	
11:00	
12:00	
12:00	
12:00	
1:00	Junior Team Practice
1:00	12:45-2:15
1:00	
1:00	
2:00	
2:00	
2:00	
3:00	
3:00	
3:00	
4:00	
4:00	
4:00	
5:00	
5:00	
5:00	
6:00	Lyrical (6-9)
6:00	*1+ years of ballet
6:00	6:00-6:45
6:00	Contemporary (6-9)
7:00	6:45-7:30
7:00	
7:00	
8:00	
8:00	
8:00	
9:00	
9:00	
9:00	
Studio C	

Studio D	
9:00	Acro I
9:00	9:00-10:00
9:00	
9:00	
10:00	Acro II
10:00	10:00-11:00
10:00	
10:00	
11:00	Acro II
11:00	11:15-12:15
11:00	
11:00	
12:00	
12:00	
12:00	
1:00	Junior Team Practice
1:00	12:45-2:15
1:00	
1:00	
2:00	
2:00	
2:00	
3:00	Senior Team Practice
3:00	2:30-4:00
3:00	
3:00	
4:00	
4:00	
4:00	
5:00	Acro III
5:00	4:15-5:15
5:00	
5:00	
6:00	Acro IV
6:00	5:30-6:30
6:00	
6:00	
7:00	Acro II
7:00	7:00-8:00
7:00	
7:00	
8:00	
8:00	
8:00	
9:00	
9:00	
9:00	
Studio D	

TUESDAYS

Studio A	
9:00	
	Strength & Flexibility III/IV (10+)
10:00	9:45-10:15
	Leaps, Turns & Jumps IV (10+)
	10:15-11:00
11:00	Ballet III
	11:00-12:30
12:00	
	Youth Team Practice
1:00	12:45-2:15
2:00	
	Mini Team
	2:30-3:45
3:00	
4:00	Ballet I (7-9 yrs)
	4:00-5:00
5:00	Strength & Flexibility I/II (10+)
	5:00-5:30
	Leaps, Turns & Jumps I+ (10+)
	5:30-6:15
6:00	
	Pom II/III (11+)
	6:30-7:15
7:00	
	Hip Hop II/III (11+)
	7:15-8:00
8:00	
9:00	

Studio B	
9:00	
10:00	
11:00	Ballet IV/V
	11:00-12:30
12:00	
1:00	Pointe II
	12:45-1:15
	Pointe I
	1:15-1:45
2:00	
	Ballet I/II
	2:30-3:45
3:00	
4:00	Ballet I (10+)
	4:00-5:00
5:00	Intensive Ballet 2
	5:00-6:15
6:00	
	Pom I/II (10+)
	6:30-7:15
7:00	
	Hip Hop I/II (10+)
	7:15-8:00
8:00	
9:00	

Studio C	
9:00	
10:00	Music & Movement (2-3)
	9:45-10:15
	Dance Expressions (4-5)
	10:30-11:00
11:00	
	Ballet I/II
	11:15-12:30
12:00	
1:00	Strength & Flexibility I/II (7-10)
	12:45-1:15
	Leaps, Turns & Jumps I (7-10)
	1:15-2:00
2:00	
	Ballet II
	2:15-3:45
3:00	
4:00	Tiny Practice
	4:00-5:00
5:00	
	Leaps, Turns & Jumps II (10+)
	5:30-6:15
6:00	
	Dance 101
	6:30-7:30
7:00	
8:00	
9:00	

Studio D	
9:00	
10:00	
11:00	Strength & Flexibility I/II (10+)
	11:15-11:45
	Leaps, Turns & Jumps I+ (10+)
12:00	11:45-12:30
1:00	Youth Team Practice
	12:45-2:15
2:00	
	Mini Team
	2:30-3:45
3:00	
4:00	Acro I
	4:00-5:00
5:00	
	Intro to Acro
	5:15-6:15
6:00	
	Acro III
	6:15-7:15
7:00	
	Acro II
	7:30-8:30
8:00	
9:00	

WEDNESDAYS

9:00	
10:00	
11:00	Ballet III 11:00-12:30
12:00	
	Senior Team Practice 12:45-2:15
1:00	
2:00	
	Junior Team Practice 2:30-4:00
3:00	Capella & Orion Pracice together
4:00	Ballet II 4:15-5:45
5:00	
	Strength & Flexibility II/III (10+) 5:45-6:15
6:00	Leaps, Turns & Jumps II (10+) 6:15-7:00
7:00	Contemporary I/II (10+) 7:00-7:45
	Lyrical I/II (10+) *must be in Ballet 1 or 1/2 7:45-8:30
8:00	
9:00	

Studio A

9:00	
10:00	
11:00	
12:00	
1:00	Ballet I/II 1:00-2:15
2:00	
	Ballet IV/V 2:30-4:00
3:00	
4:00	Intensive Ballet 1/2 4:15-5:30
5:00	
6:00	
7:00	Tap (6-9) 7:00-7:30
8:00	
9:00	

Studio B

9:00	
10:00	
11:00	Strength & Flexibility III/IV (10+) 11:15-11:45
	Leaps, Turns & Jumps III (10+) 11:45-12:30
12:00	
1:00	Ballet I/II 1:00-2:15
2:00	
3:00	Strength & Flexibility I/II (7-10) 3:00-3:30
	Leaps, Turns & Jumps I (7-10) 3:30-4:15
4:00	
	Hip Hop I/II (6-9) 4:30-5:15
5:00	
	Pom I/II (6-9) 5:15-6:00
6:00	Leaps, Turns & Jumps III (10+) 6:15-7:00
7:00	
8:00	
9:00	

Studio C

9:00	Acro II 9:00-10:00
10:00	Acro III 10:00-11:00
11:00	
	Acro 2 11:30-12:30
12:00	
1:00	Senior Team Practice 12:45-2:15
2:00	
	Junior Team Practice 2:30-4:00
3:00	
4:00	
	Acro III 4:15-5:15
5:00	
	Acro I 5:15-6:15
6:00	
	Intro to Acro 6:15-7:15
7:00	
	Acro II 7:15-8:15
8:00	
9:00	

Studio D

THURSDAYS

9:00	
10:00	
11:00	
	Ballet I (7-9 yrs)
	11:15-12:15
12:00	
	Mini Team
	12:30-1:45
1:00	
2:00	Youth Team Practice
	2:00-3:30
3:00	
	Ballet I (10+)
	3:30-4:30
4:00	
5:00	Strength & Flexibility III/IV (10+)
	5:00-5:30
	Leaps, Turns & Jumps III&IV (10+)
	5:30-6:15
6:00	
	Lyrical II/III (10+)
	*must be in Ballet II or above
	6:30-7:15
	Contemporary II/III (10+)
	Teacher Approval Needed
	7:15-8:00
8:00	
9:00	

Studio A

9:00	
10:00	
11:00	
12:00	
	Ballet II
	12:15-1:45
1:00	
2:00	
	Pre-Ballet (5-7)
	*age 5 with teacher approval
	2:30-3:15
3:00	
	Intensive Ballet 3,4,5
	3:30-4:45
4:00	
5:00	Ballet II
	4:45-6:15
6:00	
7:00	
8:00	
9:00	

Studio B

9:00	
10:00	
11:00	
12:00	
	Ballet I (10+)
	12:45-1:45
1:00	
2:00	Strength & Flexibility I/II (7-10)
	2:00-2:30
	Leaps, Turns & Jumps I (7-10)
	2:30-3:15
3:00	
	Tiny Practice
	3:30-4:30
4:00	
	Music & Movement (2-3)
	4:30-5:00
5:00	
	Dance Expressions (4-5)
	5:15-5:45
	Modern I (10+)
	5:45-6:30
6:00	
7:00	Boys Dance I/II (6-10)
	6:30-7:15
8:00	
9:00	

Studio C

9:00	
10:00	
11:00	Strength & Flexibility I/II (10+)
	11:00-11:30
	Leaps, Turns & Jumps II (10+)
	11:30-12:15
12:00	
	Mini Team
	12:30-1:45
1:00	
2:00	Youth Team Practice
	2:00-3:30
3:00	
4:00	Strength & Flexibility I/II (10+)
	4:00-4:30
	Leaps, Turns & Jumps II (10+)
	4:30-5:15
5:00	
6:00	
7:00	
8:00	
9:00	

Studio D