

Spring 2024 Schedule

MONDAYS

6:00-6:50 PM, Flexibility & Mobility
7:00-7:35 PM, Power Pilates
7:15-8:30 PM, Advanced Ballet
8:30-9:15 PM, Pointe

TUESDAYS

10:30-11:20 AM, Flexibility & Mobility
11:30-12:20 PM, Dance & Strength Low Impact Cardio
5:30-6:45 PM, Continuing Ballet
6:00-6:50 PM, Belly Dancing
7:00-7:50 PM, Barre
7:00-7:50 PM, Salsa Level 2

WEDNESDAYS

9:30-10:20 AM, Barrelates
10:30-11:30 AM, Beginning Ballet
6:00-6:50 PM, Barre
6:00-6:50 PM, Hip Hop
7:00-7:50 PM, Flexibility & Mobility
7:00-8:15 PM, Intermediate Flexibility
7:15-8:30 PM, Advanced Ballet

THURSDAYS

10:30-11:20 AM, Flexibility & Mobility
11:30-12:20 PM Dance & Strength Low Impact Cardio
6:00-6:50 PM, Tap Choreography
6:00-6:50 PM, Cardio & Sculpt Dance Workout
7:00-7:50 PM Int. Jazz & Contemporary
7:00-7:50 PM, Footwork
8:00-8:50 PM, Salsa Basics

FRIDAYS

9:30-10:20 AM, Barrelates
10:30-11:30 AM, Continuing Ballet
5:00-5:50 PM, Beginning Contemporary
6:00-6:50 PM, Advanced Tap
6:00-6:50 PM, Beginning Jazz
7:00-7:50 PM, Sassy Stilettos

SATURDAYS

10:00-10:50 AM, Flexibility and Mobility
11:00-11:50 AM, Cardio & Sculpt Dance Workout
11:00-12:15 PM, Beginning Ballet
12:15-1:30 PM, Continuing / Intermediate Ballet

SUNDAYS

3:00-3:50 PM, Swing Basics

Please always check the website to confirm days & times

