

# Weekly Dance Schedule 2025/2026

Monday		Tuesday		Wednesday		Thursday	
Room A	Room B	Room A	Room B	Room A	Room B	Room A	Room B
4:30 - 5:30 Combo Class Ballet/Tap/Jazz Level 1	5:15 - 6:15 Jazz & Contemporary Level 2	3:30-4:15 Tumbling Ages 2-4	5:00 - 6:15 Ballet Level 3	4:15 - 5:00 Combo Class Ballet/Tap/Jazz Ages 2-4	3:45 - 5:15 Jazz & Contemporary Level 5	4:30 - 5:15 Tumbling Ages 2-4	4:45-5:30 Combo Class Ballet/Tap/Jazz Level 2
		4:15 - 5:00 Combo Class Ballet/Tap/Jazz Ages 2-4				5:15 - 6:00 Tumbling Level 1	
		5:00 - 6:00 Jazz Level 1				6:00 - 6:45 Tumbling Level 2	
		6:00 - 7:00 Ballet Level 1				6:45 - 7:30 Tumbling Level 4	
		7:00 - 8:30 Ballet Level 5				7:30 - 8:15 Tumbling Level 5	
5:30 - 6:15 Tumbling Level 1	6:15 - 7:15 Ballet Level 2	5:00 - 6:00 Jazz Level 1	6:15 - 7:30 Jazz & Contemporary Level 3	5:00 - 6:00 Combo Class Ballet/Tap/Jazz Level 1	5:15 - 6:45 Competition Technique Level 4 & Level 5	6:00 - 6:45 Tumbling Level 2	6:00 - 6:45 Tap Level 1
		6:00 - 7:00 Ballet Level 1				6:45 - 7:30 Tumbling Level 4	
		7:00 - 8:30 Ballet Level 5				7:30 - 8:15 Tumbling Level 5	
		8:00 - 9:00 Adult Class				8:15 - 9:00 Tap Level 4	
		8:30 - 9:00 Pointe Level 5				9:00 - 9:45 Jazz & Contemporary Level 4	
6:15 - 7:45 Ballet Level 4	7:45 - 8:15 Pre-Pointe Level 2 & Level 4	7:30-8:00 Tap Level 3	8:00 - 9:00 Adult Class	8:00 - 8:45 Jumps & Turns Level 3		8:15 - 9:00 Tap Level 5	
		8:00 - 9:00 Adult Class					
		9:00 - 9:45 Jazz & Contemporary Level 4					
		9:45 - 10:30 Pointe Level 5					
		10:30 - 11:15 Ballet Level 4					

Level 1: Ages 5 - 8 | Level 2: Ages 9 - 11 | Level 3: Ages 12 - 18 | Level 4: Ages 12 - 14 (Competition) | Level 5: Ages 14 - 18 (Competition)

# Monday

## Room A

### 4:30 - 5:30 Combo Class

#### Ballet/Tap/Jazz - Level 1

This high-energy combo class introduces young dancers to the fundamentals of ballet, tap, and jazz in a fun, supportive environment. Students build coordination, rhythm, and confidence while exploring a variety of dance styles.

### 5:30 - 6:15

#### Tumbling - Level 1

This tumbling class focuses on strength, flexibility, and basic acrobatic skills through engaging drills. Students develop balance, body awareness, and confidence in a safe and encouraging setting.

### 6:15 - 7:45

#### Ballet - Level 4

Focused on precision and artistry, this ballet class supports competitive dancers in developing strong technique, alignment, and stage presence. Emphasis is placed on discipline, performance quality, and progression toward advanced movement.

### 7:45 - 8:15

#### Pre-Pointe - Levels 2 & 4

Designed for dancers preparing to transition to pointe, this class strengthens ankles, core, and turnout while reinforcing proper ballet technique. Students work closely with instructors to ensure safe and confident progression.

## Room B

### 5:15 - 6:15

#### Jazz/Contemporary - Level 2

This expressive class blends the upbeat energy of jazz with the fluid movement of contemporary dance, encouraging creativity and emotion through dynamic choreography. Dancers build strength, flexibility, and musicality while exploring both styles.

### 6:15 - 7:15

#### Ballet - Level 2

This structured ballet class refines technique, posture, and grace while fostering discipline and focus. Dancers expand their vocabulary and performance skills in a nurturing, age-appropriate environment.

# Tuesday

## Room A

3:30-4:15

Tumbling - Ages 2-4

This fun, gentle class introduces children to basic body awareness and balance. They practice beginner level skills, stretches, and coordination exercises in a safe, playful setting.

4:15 - 5:00

Combo Class Ballet/Tap/Jazz - Ages 2-4

A fun and creative class introducing ballet, tap, and jazz through music and movement. Dancers build coordination, rhythm, and confidence.

5:00 - 6:00

Jazz - Level 1

This energetic class teaches jazz basics with upbeat music and simple choreography. Dancers improve flexibility, rhythm, and stage presence.

6:00 - 7:00

Ballet - Level 1

Young dancers learn ballet foundations with a focus on posture, balance, and musicality. A great class for building discipline and technique.

7:00 - 8:30

Ballet - Level 5

An advanced class focused on refining ballet technique and performance. Dancers work on strength, control, and challenging combinations.

8:30 - 9:00

Pointe - Level 5

Designed for trained dancers ready to work en pointe. Emphasizes proper alignment, strength, and safe progression.

## Room B

5:00 - 6:15

Ballet - Level 3

This class focuses on refining classical ballet technique, building strength, flexibility, and control. Dancers will develop artistry and poise through barre, center work, and progressive combinations.

6:15 - 7:30

Jazz/Contemporary - Level 3

A dynamic fusion of jazz technique and contemporary movement, this class emphasizes performance, versatility, and emotional expression. Dancers will push their creativity while improving control, flexibility, and style.

7:30 - 8:00

Tap - Level 3

This rhythmic class challenges dancers with intricate footwork, timing, and musicality. Students build speed, precision, and confidence through both traditional and modern tap combinations.

8:00 - 9:00

Adult Class

Step into the world of ballet, tap, jazz, and more! Each 4-week session, we'll explore a new dance style, building your technique, confidence, and creativity along the way. Perfect for beginners and seasoned dancers alike. Dance with us and discover the art of movement, one style at a time.

Level 1: Ages 5 - 8 | Level 2: Ages 9 - 11 | Level 3: Ages 12 - 18 | Level 4: Ages 12 - 14 (Competition) | Level 5: Ages 14 - 18 (Competition)

Competition team rehearsals and private lessons will take place before and after scheduled classes.

# Wednesday

## Room A

4:15 - 5:00

Combo Class (Ballet/Tap/Jazz) - Ages 2-4

A fun and creative class introducing ballet, tap, and jazz through music and movement. Dancers build coordination, rhythm, and confidence.

5:00 - 6:00

Combo Class (Ballet/Tap/Jazz) - Level 1

This all-in-one class introduces young dancers to ballet, tap, and jazz in a fun and structured setting. Dancers build coordination, rhythm, and foundational technique across styles.

6:00 - 6:45

Hip Hop - Level 1

A high-energy class that teaches basic hip hop moves, grooves, and musicality. Dancers learn to express themselves with confidence and style.

7:15 - 8:00

Tumbling - Level 3

This class develops strength, flexibility, and acrobatic skills tailored for dancers. Students work on controlled progressions from basic to advanced tumbling.

8:00 - 8:45

Jumps & Turns - Level 3

Focused on improving elevation, balance, and control, this class breaks down leaps, turns, and combinations. Dancers gain confidence in both technique and execution.

## Room B

3:45 - 5:15

Jazz/Contemporary - Level 5

This class challenges dancers with advanced jazz and contemporary technique. Emphasis is on expression, control, and dynamic choreography.

5:15 - 6:45

Competition Technique - Level 4 & Level 5

Designed to strengthen core skills for competition, this class builds precision, stamina, and versatility. Dancers focus on technique across styles and polish performance quality.

6:45 - 8:15

Jazz/Contemporary - Level 4

This class blends strong jazz technique with the emotional depth of contemporary movement. Dancers focus on performance quality, control, and expressive choreography.

Level 1: Ages 5 - 8 | Level 2: Ages 9 - 11 | Level 3: Ages 12 - 18 | Level 4: Ages 12 - 14 (Competition) | Level 5: Ages 14 - 18 (Competition)  
Competition team rehearsals and private lessons will take place before and after scheduled classes.



# Thursday

## Room A

4:30 - 5:15

Tumbling - Ages 2-4

This fun, gentle class introduces children to basic body awareness and balance. They practice beginner level skills, stretches, and coordination exercises in a safe, playful setting.

5:15 - 6:00

Tumbling - Level 1

This beginner class focuses on building strength, coordination, and confidence. Dancers learn how to safely move and control their bodies through fun, structured exercises.

6:00 - 6:45

Tumbling - Level 2

This class challenges dancers to further develop control, strength, and coordination. Focus is on clean technique, body awareness, and safe progress toward more complex movement.

6:45 - 7:30

Tumbling - Level 4

This advanced class links tumbling skills into smooth combinations. The focus is on precision, strength, flexibility, and safe execution.

7:30 - 8:15

Tumbling - Level 5

Designed for experienced tumblers, this class challenges students with complex sequences. The focus is on mastery, endurance, and safe progression.

## Room B

4:45-5:30

Combo Class - Level 2

This exciting combination class blends the elegance of ballet, the rhythm of tap, and the energy of jazz! Students will explore the foundational techniques of each style while building their coordination, flexibility, and strength.

6:00 - 6:45

Tap - Level 1

This beginner class introduces basic tap steps and rhythms. Dancers learn timing, coordination, and have fun making music with their feet.

6:45 - 7:30

Tap - Level 2

Students build on foundational skills with more complex footwork and faster rhythms. Focus is on clarity, control, and musicality.

7:30 - 8:15

Tap - Level 4

This class refines technique and speed for competitive dancers. Dancers focus on precision, performance, and advanced rhythms.

8:15 - 9:00

Tap - Level 5

An advanced class designed to perfect speed, style, and intricate tap combinations. Emphasis is on showmanship and flawless execution.

Level 1: Ages 5 - 8 | Level 2: Ages 9 - 11 | Level 3: Ages 12 - 18 | Level 4: Ages 12 - 14 (Competition) | Level 5: Ages 14 - 18 (Competition)

Competition team rehearsals and private lessons will take place before and after scheduled classes.