



2010 Winter/Spring Schedule

Monday:

*10:00am – 11:00am: High Intensity Workout/Flexibility Class

3:30pm – 4:30pm: Irish Level 1

3:30pm – 4:30pm: Pre-Tap/Pre-Ballet

4:30pm – 5:30pm: Irish Level 2

4:30pm – 5:20pm: Creative Movement/Pre-Tap

5:30pm – 6:30pm: Irish Level 3

*5:15pm – 6:15pm: Adult High Intensity Workout/Flexibility Class

*6:15pm – 7:00pm: Adult Beginner Tap

*7:00pm – 8:00pm: Adult Beginner Exotic (Call for more information and start dates)

*7:30pm – 8:30pm: Adult Beginner Chair/Lap (Call for more information and start dates)

*8:00pm – 9:00pm: Adult Beginner Pole (Call for more information and start dates)

Tuesday:

*Mommy's and Daddy's Morning Out – 9:00am – 12:00pm (Drop off your kids for the morning free to do as you please all while your child is participating in several dance classes, arts and crafts etc.)

1:00pm – 2:00pm: Creative Movement/Pre-Tap/Pre-Ballet

3:30pm – 4:30pm: Tap L1/2

3:30pm – 4:30pm: Ballet/Pointe Level 2A

4:30pm – 5:30pm: Ballet L1/1A

4:30pm – 5:30pm: Ballet L2/2A

5:30pm – 6:30pm: Cheer L1/L2

5:30pm – 6:30pm: Jazz L1/2

6:30pm – 7:30pm: Hip Hop L2/2A

*7:30pm – 8:30pm: Adult Intermediate Exotic (Call for more information and start dates)

*8:30pm – 9:30pm: Adult Intermediate Chair/Lap (Call for more information and start dates)

*9:30pm – 10:30pm: Adult Intermediate Pole (Call for more information and start dates)

Wednesday:

*10:00am – 11:00am: High Intensity Workout/Flexibility Class

*11:00am – 12:00am: Adult Beginner Exotic class (Call for more information and start dates)

3:30pm – 4:15pm: Youth Fitness/Flexibility Class

4:15pm – 5:15pm: Ballet/Modern Level 3

5:15pm – 6:15pm: Jazz Level 3A

6:15pm – 7:15pm: Hip Hop Level 3A



*7:15pm – 8:00pm: Adult Intermediate Tap

*8:00pm -9:00pm: Adult Hip Hop

Thursday:

*Mommy's and Daddy's Morning Out – 9:00am – 12:00pm (Drop off your kids for the morning free to do as you please all while your child is participating in several dance classes, arts and crafts etc)

12:15pm- 1:00pm – Tumbling class

1:00pm – 2:00pm: Creative Movement/Pre-Tap/Pre-Ballet

3:30pm – 4:15pm: Tap Level 3

4:15pm – 5:15pm: Jazz Level 3

5:15pm – 6:15pm: Hip Hop Level 3

6:15pm – 7:15pm: Modern/Lyrical Level 3

*6:15pm – 7:15pm: Adult Beginner Exotic (Call for more information and start dates)

*7:15pm – 8:15pm: Adult Beginner Pole(Call for more information and start dates)

Friday:

*10:00am – 11:00am: High Intensity workout /Flexibility Class

3:30pm – 4:30pm: Youth Fitness/Flexibility Class

4:30pm – 5:15pm: Tumbling Class

*5:15pm – 6:15pm: High Intensity Workout/Flexibility Class

*6:15pm-7:15pm: Adult Beginner Chair/Lap Dancing (Call for more information and start dates)

*7:15pm – 8:15pm: Adult Beginner Pole Dancing (Call for more information and start dates)

Saturday:

*9:00am – 10:00am: High Intensity Workout/Flexibility class

*10:00am – 11:00am: Adult Beginner Exotic Dancing

11:00am – 12:00pm: Pre-Tap/Creative Movement

12:00pm – 1:00pm: Pre-Ballet / Pre-Tap

1:00pm – 2:00pm: Tumbling

2:00pm – 3:00pm – Private Lessons Available

*3:00pm – 4:00pm: Men's Club (Call for more information and start dates)

All * classes are adult classes and prices may vary. Classes are subject to change throughout the year.

Please Call for availability!