



## **2011 - 2012 Fall/Winter/Spring Schedule**

### **Monday:**

- \*5:30am – 6:30 am: Adult High Intensity Workout/Flexibility Class
- \*8:00am – 8:45 am: Adult High Intensity Workout/Flexibility Class
- \*9:00am – 9:45 am: Adult High Intensity Workout/Flexibility Class
- \*10:00am – 10:45 am: Adult High Intensity Workout/Flexibility Class

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|---------------------------|---------------------------------|
| 3:30pm – 4:30pm: Irish L1 | 3:30pm – 4:30pm: Tap L1A        |
| 4:30pm – 6:00pm: Irish L2 | 4:30pm – 5:30pm: Ballet L1A     |
| 5:30pm – 7:00pm: Irish L3 | 5:30pm – 6:30pm: Jazz Level L1A |
|                           | 6:30pm – 7:30pm: Hip Hop L1A    |

- \*7:30pm – 8:30pm: Adult Beginner Exotic (Call for more information and start dates)
- \*8:00pm – 9:00pm: Adult Chair/Lap (Call for more information and start dates)
- \*8:30pm – 9:30pm: Adult Pole (Call for more information and start dates)

### **Tuesday:**

- 3:30pm – 4:30pm: Tap L1
- 4:30pm - 5:30pm: Ballet L1
- 5:30pm – 6:30pm: Jazz L1
- 6:30pm – 7:30pm: Hip Hop L1
- \*7:30:pm – 8:15pm: Adult Tap

### **Wednesday:**

- \*5:30am – 6:30 am: Adult High Intensity Workout/Flexibility Class
- \*8:00am – 8:45 am: Adult High Intensity Workout/Flexibility Class
- \*9:00am – 9:45 am: Adult High Intensity Workout/Flexibility Class
- \*10:00am – 10:45 am: Adult High Intensity Workout/Flexibility Class

- 4:00pm – 5:00pm: Hip Hop Level 3A
- 5:00pm – 6:00pm: Jazz Level 3
- 6:00pm – 7:00pm: Hip Hop Level 3
- 7:00pm – 8:00pm: Lyrical/Modern
- 8:00pm – 9:00pm: Adult Hip Hop



**Thursday:**

1:00pm – 2:00pm: Creative Movement/Pre-Tap/Pre-Ballet (3 – 5 years old)

3:45pm – 4:45pm: Tap L2

3:45pm – 4:45pm: Ballet L2/Technique

4:45pm – 5:45pm: Hip Hop L2

4:5pm – 5:45pm: Ballet (Intro to Pointe) L2A/3

5:45pm – 6:45pm: Jazz L2/2A

6:45pm – 7:45pm: Hip Hop L2A

**Friday:**

\*5:30am – 6:30 am: Adult High Intensity Workout/Flexibility Class

\*8:00am – 8:45 am: Adult High Intensity Workout/Flexibility Class

\*9:00am – 9:45 am: Adult High Intensity Workout/Flexibility Class

\*10:00am – 10:45 am: Adult High Intensity Workout/Flexibility Class

3:30pm – 4:30pm: Creative Movement/Pre-Tap (3 -4 years old)

4:30pm – 5:30pm: Pre-Tap/Pre-Ballet (5 and up)

5:30pm – 7:30pm: Men's Club

**Saturday:**

\*7:30am – 9:00am: Adult Stretch and Run Group

9:00am – 10:00pm: Creative Movement/Pre-Tap (3 – 4 years old)

10:00pm – 11:00pm: Pre-Ballet / Pre-Tap (5 and up)

Private Lessons Available – Call for more information

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

**Please Call for availability!**