

# CLASS DESCRIPTIONS

Ballet - The core of all dance. The genre that all dance technique stems from.

Helps with: Use of the core, transitions, body alignment, injury prevention, stamina

Jazz - A stylized genre that focuses on athleticism, stage presence, and transitions in dance.

Helps with: Connection to the floor, stage presence, dynamics, transitions, core usage

Contemporary - A genre that uses techniques from all styles of dance in order to convey an artistic message or story.

Helps with: Movement quality, transitions, artistry, performance, overall athleticism

Tap - A genre of dance using shoes with metal plates to emphasize musicality.

Helps with: Musicality

Acrobatics - A genre that blends dance and gymnastic techniques together.

Helps with: Flexibility, strength, overall athleticism

Hip Hop - A style of dance that blends jazz musicality with urban dance movements.

Helps with: Performance, musicality, stamina

- **\*All Classes with asterisk are doing a recital piece that you can opt into.**

# CLASS SCHEDULE

## Monday

STUDIO	STUDIO 1	STUDIO 2	STUDIO 3
4:30-5:30	*5-7 LYRICAL	8-10 MINI BALLET	TEEN/SR CONDITIONING
5:30-6:30	*5-7 ACRO	8-10 MINI TECHNIQUE	TEEN/SR. REHEARSAL
6:30-7:30	*5-7 MUSICAL THEATRE		TEEN/SR REHEARSAL
7:30-8:30			TEEN/SR REHEARSAL- TIL 9

# TUESDAY

STUDIO	STUDIO 1	STUDIO 2	STUDIO 3
4:30-5:30		*8-10 MINI BALLET	*TEEN/SR BALLET STARTS AT 4:00
5:30-6:30	*5-7 BALLET	*8-10 HIP HOP	TEEN/SR. BALLET/POINT ENDS ENDS AT 6:00
6:30-7:30	ADULT FITNESS	*8-10 CONTEMPORARY	TEEN/SR CONTEMPORARY
7:30-8:30			TEEN/SR COMBO CLASS ENDS

# WEDNESDAY

STUDIO	STUDIO 1	STUDIO 2	STUDIO 3
4:30-5:30	*5-7 TAP	8-10 MINI JAZZ	TEEN/SR. BALLET/POINT ENDS ENDS AT 6:00
5:30-6:30	8-10 ACRO	*5-7 HIP HOP	TEEN/SR. BALLET/POINT ENDS ENDS AT 6:00
6:30-7:30	*ADULT TAP	MINI REHERSAL	TEEN/SR TECHNIQUE
7:30-8:30			*TEEN SENIOR BALLROOM
8:30-9:30			

# THURSDAY

STUDIO	STUDIO 1	STUDIO 2	STUDIO 3
4:30-5:30	*11-13 BALLET	MINI REHERSAL	*TEEN/SR TAP
5:30-6:30	*8-10 TAP	*11-13 LYRICAL	TEEN/SR JAZZ
6:30-7:30	*8-10 MUSICAL THEATRE	*11-13 TAP	*TEEN/SR HIP HOP
7:30-8:30	*11-13 JAZZ	*ADULT HIP HOP	TEEN/SR ACRO

# SATURDAY

STUDIO	STUDIO 1
MOMMY AND ME- 9 AM-10 AM	
*3-4 BALLET AND TAP- 10 AM-11 AM	