

2024-2025 SCHEDULE

Studio 1		Studio 2		Studio 3	
MONDAY					
4:00 PM	Senior CO Ballet (1.5 hrs)	4:30 PM	Int. Stretch & Conditioning	4:30 PM	Beginning Hip Hop/Jazz (6+)
5:30 PM	Junior/Teen CO Ballet (1.5 hrs)	5:30 PM	Adv. Stretch & Conditioning	5:30 PM	Beg. Stretch & Conditioning
		7:00 PM	ALL CO Contemporary (1.5 hrs)	6:30 PM	Senior PreCo (1.5 hrs)
TUESDAY					
4:30 PM	Ballet III	4:30 PM	Lyrical I	4:30 PM	Junior/Teen CO Tech & Alignment
5:30 PM	Junior CO Ballet	5:30 PM	Teen CO	5:30 PM	Senior CO Tech & Alignment
6:30 PM	Teen CO Ballet (1.5 hrs)	6:30 PM	Senior CO	6:30 PM	Jazz III (10+)
8:00 PM	Senior CO Ballet (1.5 hrs)	7:30 PM	Junior CO	7:30 PM	Senior PreCo Tech
WEDNESDAY					
				2:30 PM	Jazz Funk (8+)
		3:30 PM	Beg. Hip Hop (8+)	3:30 PM	Combo: Ballet/Tap/Tumble (3-5)
4:30 PM	Ballet II/III	4:30 PM	Int. Hip Hop	4:30 PM	Combo: Ballet / Tap (5-8)
5:30 PM	Junior CO Ballet	5:30 PM	Teen CO Tech	5:30 PM	Adv. Hip Hop
6:30 PM	Teen CO Ballet (1.5 hrs)	6:30 PM	Senior CO Tech	6:30 PM	Junior PreCo
8:00 PM	Senior CO Ballet (1.5 hrs)	7:30 PM	Junior CO Tech	7:30 PM	Adult Dance Conditioning (18+)
THURSDAY					
4:30 PM	Mini Pom (6-12)	4:30 PM	Acro I/ II	4:30 PM	Leaps/Turns/Tech I/II
5:30 PM	Lyrical II	5:30 PM	Acro III	5:30 PM	Ballet I/II (6+)
6:30 PM	Jazz I	6:30 PM	Leaps/Turns/Tech III	6:30 PM	Jazz II
		7:30 PM	Lyrical III (10+)		
FRIDAY					
SATURDAY					
CLASSES IN RED ARE SOUL SHOCK COMPANY or SOUL SHOCK PRE-COMPANY AND ARE NOT OPEN ENROLLMENT.				10:00 AM	Combo: Ballet/Tap/Tumble (3-5)
				11:00 AM	Combo: Ballet/Jazz/Tap (5-8)