

2017/2018 Fall Class Schedule (Children and Adult)

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Saturday	Saturday	Sunday	Sunday
6:45-7:30	Body Blast				Strength Conditioning				Stretch and Tone Barre				
8:00-8:30										Kettle Bell		TRX	
8:30-9:00												AAA	
8:30-9:15										Strength Conditioning Lvl 2	Short Session Pre-School Ballet/Jazz (2-3)		
9:00-9:45												Strength Conditioning Lvl 1/2	
9:15-9:45					Cardio Dance Mix					Core Blast			
9:15-10:00											Primary Ballet/Acro (4-6)		
9:15-10:15									Stretch and Tone Barre				Stretch and Tone Barre
9:45-10:15					Power Glutes							Kettle Bell	
9:45-10:30										Strength Conditioning Lvl 1			
10:00-10:45	Strength Conditioning Lvl 1/2										Primary Acro/Jazz (5/6)		
10:15-10:45					Core Blast								
10:15-11:15													YOGA
10:30-11:15										BollyHop			
10:45-11:30											Short Session Pre-School Ballet/Jazz (2-3)		
11:15-12:00										Junior Bhangra (7/8)			
11:15-12:30													
12:00-12:45										Primary Bhangra (5/6)			Box-Fit
3:00-4:00	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	After School Pick Up Program (7+)			
4:00-4:45	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	Primary Ballet/Contemporary (5/6)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)	Primary Breaking/Hip Hop (5/6)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)			
4:45-5:30	After School Pick Up Program (4-6)	Pre-Inter/Intermediate Contemporary (9+)	After School Pick Up Program (4-6)	Junior Ballet/Lyrical (7/8)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)	Pre-School + Pre-Primary Breaking/Hip Hop (3/5)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)			
5:30-6:15	Junior Contemporary/Jazz (7/8)	PMDT Company	Junior Musical Theatre (7/8)	Pre-Intermediate/Intermediate Ballet/Lyrical (9+)	Junior Breaking (7/8)	Pre-Intermediate Acro (9/10)	Short Session Glee Club (8+)	Junior Hip Hop (7/8)	Short Session Dance Mix (4-6)				
6:15-6:45									TRX				
6:15-7:00		Pre-Intermediate/Intermediate Jazz (9+)	Pre-Intermediate/Intermediate Musical Theatre (9+)	PMDT Company	Pre-Intermediate Breaking (9/10)	Junior Acro (7/8)		Pre-Intermediate / Intermediate Hip Hop (9+)					
6:45-7:15	Power Glutes						Core Blast		Core Blast				
7:00-7:45			Afro Caribbean	Stretch and Tone Barre	Intermediate Breaking (11+)	Intermediate Acro (11+)		Contemporary					
7:15-7:45	Core Blast						Cardio Blast		Cardio Dance Mix				
7:15-8:15		Dance Hall											
7:45-8:30	Strength Conditioning Lvl 1/2		Box-Fit Lvl 1		Ballet	YOGA	Strength Conditioning Level 2						



2017/2018 Fall Adult Class Schedule

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Saturday	Sunday	Sunday
6:45-7:30	Body Blast				Strength Conditioning				Stretch and Tone Barre			
8:00-8:30										Kettle Bell	TRX	
8:30-9:00											AAA	
8:30-9:15										Strength Conditioning Lvl 2		
9:00-9:45											Strength Conditioning Lvl 1/2	
9:15-9:45					Cardio Dance Mix					Core Blast		
9:15-10:15									Stretch and Tone Barre			Stretch and Tone Barre
9:45-10:15					Power Glutes						Kettle Bell	
9:45-10:30										Strength Conditioning Lvl 1		
10:00-10:45	Strength Conditioning Lvl 1/2											
10:15-10:45					Core Blast							
10:15-11:15												YOGA
10:30-11:15										BollyHop		
12:00-12:45												Box-Fit
6:15-6:45									TRX			
6:45-7:15	Power Glutes						Core Blast		Core Blast			
7:00-7:45			Afro Caribbean	Stretch and Tone Barre				Contemporary				
7:15-7:45	Core Blast						Cardio Blast		Cardio Dance Mix			
7:15-8:15		Dance Hall										
7:45-8:30	Strength Conditioning Lvl 1/2		Box-Fit Lvl 1		Ballet	YOGA	Strength Conditioning Level 2					



2017/2018 Fall Childrens Class Schedule

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday	Saturday	Saturday
8:30-9:15												Short Session Pre-School Ballet/Jazz (3/4)
9:15-10:00												Primary Ballet/Acro (4-6)
10:00-10:45												Primary Acro/ Jazz (5/6)
11:15-12:00												Junior Bhangra (7/8)
12:00-12:45												Primary Bhangra (5/6)
3:00-4:00	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	After School Pick Up Program (7+)		
4:00-4:45	After School Pick Up Program (4-6)		After School Pick Up Program (4-6)	Primary Ballet/ Contemporary (5/6)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)	Primary Breaking/Hip Hop (5/6)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)		
4:45-5:30	After School Pick Up Program (4-6)	Pre-Inter/ Intermediate Contemporary (9+)	After School Pick Up Program (4-6)	Junior Ballet/ Lyrical (7/8)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)	After School Pick Up Program (4-6)	Pre-School + Pre-Primary Breaking/Hip Hop (3/5)	After School Pick Up Program (4-6)	After School Pick Up Program (7+)		
5:30-6:15	Junior Contemporary /Jazz (7/8)	PMDT Company	Junior Musical Theatre (7/8)	Pre- Intermediate/ Intermediate Ballet/Lyrical (9+)	Junior Breaking (7/8)	Pre- Intermediate Acro (9/10)	Short Session Glee Club (8+)	Junior Hip Hop (7/8)	Short Session Dance Mix (4-6)			
6:15-7:00		Pre- Intermediate/ Intermediate Jazz (9+)	Pre- Intermediate/ Intermediate Musical Theatre (9+)	PMDT Company	Pre- Intermediate Breaking (9/10)	Junior Acro (7/8)		Pre- Intermediate / Intermediate Hip Hop (9+)				
7:00-7:45					Intermediate Breaking (11+)	Intermediate Acro (11+)						