

2023/2024 WEEKLY SCHEDULE

SCHEDULE LEGEND

● Advanced Level <i>(By Invitation Only)</i>	<i>Any classes with low enrollment may be cancelled or amalgamated.</i>	PT = PART TIME <i>Competitive ~ By Invitation Only</i>
❖ 6 Week Session Program	<i>Students are placed in classes according to age <u>and/or</u> ability.x</i>	CO. = COMPANY <i>Advanced Competitive ~ By Invitation Only</i>

BABY BOP	18mo. – 2yrs	MINI	5 –6 yrs	INTERMEDIATE (INT)	10 – 12yrs
KINDERDANCE	3 - 4yrs	JUNIOR (JR)	7 – 9yrs	SENIOR (SR)	13+ yrs

MONDAY

STUDIO A			STUDIO B			STUDIO C		
5:15-5:45pm	● Co. C Conditioning	Miss Nancy	5:15-6:00pm	● Co. B Tap	Miss Sam	5:00-5:30pm	MINI Rec Hip Hop 3	Miss Stephanie
5:45-6:45pm	● Co. C Acro Tech	Miss Nancy	6:00-6:45pm	● Co. B Hip Hop	Miss Sam	5:30-6:00pm	MINI Rec Tap 2	Miss Stephanie
6:45-7:15pm	● Co. A Conditioning	Miss Nancy	6:45-7:30pm	● Co. C Tap	Miss Sam	6:00-6:45pm	MINI Rec Acro 2	Miss Stephanie
7:15-8:15pm	● Co. A Acro Tech	Miss Nancy	7:30-8:15pm	● Co. C Hip Hop	Miss Sam			
8:15-8:45pm	● Co. B Conditioning	Miss Nancy	8:15-9:00pm	● Co. A Tap	Miss Sam			
8:45-9:45pm	● Co. B Acro Tech	Miss Nancy	9:00-9:45pm	● Co. A Hip Hop	Miss Sam			

TUESDAY

STUDIO A			STUDIO B			STUDIO C		
5:00-5:30pm	● Co. D Conditioning	Miss Nancy	5:00-5:45pm	● Co. E Tap	Miss Sam	5:00-5:30pm	MINI Rec Hip Hop 1	Miss Stephanie
5:30-6:30pm	● Co. D Acro Tech	Miss Nancy	5:45-6:30pm	● Co. E Hip Hop	Miss Sam	5:30-6:00pm	MINI Rec Tap 1	Miss Stephanie
6:30-7:30pm	● Co. E Acro Tech	Miss Nancy	6:30-7:30pm	● Co. D Jazz	Miss Sam	6:00-6:45pm	JR Rec Hip Hop	Miss Stephanie
7:30-8:15pm	SR Rec Acro	Miss Nancy	7:30-8:15pm	● Co. D Tap	Miss Sam	6:45-7:30pm	JR Rec Tap	Miss Stephanie
8:15-9:00pm	SR Rec Tap	Miss Nancy	8:15-9:00pm	● INT/SR PT Hip Hop	Miss Sam	7:30-8:15pm	INT Rec Tap	Miss Stephanie
9:00-9:45pm	SR Rec Hip Hop	Miss Stephanie				8:15-9:00pm	INT Rec Hip Hop	Miss Stephanie

WEDNESDAY

STUDIO A			STUDIO B			STUDIO C		
5:00-5:45pm	● Co. D Technique	Miss Sam				4:30-5:00pm	MINI Rec Hip Hop 2	Miss Elizabeth
5:45-6:30pm	● Co. D Lyrical	Miss Sam	5:00-6:00pm	● Co. C Ballet	Miss Sondra	5:00-6:00pm	● Co. E Jazz	Miss Elizabeth
6:30-7:30pm	● Co. C Jazz	Miss Sam	6:00-7:00pm	● Co. E Ballet	Miss Sondra	6:15-7:00pm	*Ability Moves TEENS	Miss Elizabeth
7:30-8:15pm	● Co. B Technique	Miss Sam	7:00-8:00 pm	● Co. D Ballet	Miss Sondra	7:00-7:45pm	MINI/JR Rec Ballet 2	Miss Elizabeth
8:15-9:00pm	● Co. B Lyrical	Miss Sam	8:00-9:00pm	● Co. A Ballet	Miss Sondra	7:45-8:30pm	INT/SR Rec Lyrical	Miss Elizabeth
9:00-10:00pm	● Co. A Jazz	Miss Sam	9:00-10:00pm	● Co. B Ballet	Miss Sondra	8:30-9:15pm	SR Rec Jazz	Miss Elizabeth



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THURSDAY

STUDIO A			STUDIO B			STUDIO C		
4:30-5:00pm	Kinderdance 1	Miss Elizabeth						
5:00-5:45pm	MINI/JR Rec Ballet 1	Miss Elizabeth	5:00-5:45pm	MINI Rec Acro	Miss Nicole			
5:45-6:30pm	MINI Rec Jazz 1	Miss Elizabeth	5:45-6:30pm	JR Rec Acro	Miss Nicole			
6:30-7:30pm	INT/SR Rec & PT Ballet	Miss Elizabeth	6:30-7:15pm	JR Rec Jazz	Miss Nicole			
7:30-8:30pm	● INT/SR PT Jazz	Miss Elizabeth	7:30-8:15pm	INT Rec Acro	Miss Nicole			
8:30-9:15pm	● INT/SR PT Lyrical	Miss Elizabeth	8:15-9:00pm	INT Rec Jazz	Miss Nicole			

FRIDAY

STUDIO A			STUDIO B			STUDIO C		
4:45-5:30pm	● Co. D Hip Hop	Miss Sam						
5:30-6:15pm	● Co. C Technique	Miss Sam	5:30-6:30pm	● Co. D Ballet	Miss Juliana			
6:15-7:00pm	● Co. C Lyrical	Miss Sam	6:30-7:30pm	● Co. A Ballet	Miss Juliana			
7:00-8:00pm	● Co. B Jazz	Miss Sam	7:30-8:30pm	● Co. C Ballet	Miss Juliana			
8:00-8:45pm	● Co. A Technique	Miss Sam	8:30-9:30pm	● Co. B Ballet	Miss Juliana			
8:45-9:30pm	● Co. A Lyrical	Miss Sam						

SATURDAY

STUDIO A			STUDIO B			STUDIO C		
9:00-9:30am	Baby Bop 1	Miss Elizabeth	9:15-9:45am	Kinderdance 3	Miss Nicole			
9:30-10:00am	Kinderdance 2	Miss Elizabeth	9:45-10:15pm	❖ Micro Triple Threat	Miss Nicole			
10:00-10:45am	MINI Rec Jazz 2	Miss Elizabeth	10:15-11:00pm	❖ Triple Threat JR/INT	Miss Nicole			
10:45-11:30am	MINI Rec Ballet 2	Miss Elizabeth	11:00-11:45pm	❖ Triple Threat INT/SR	Miss Nicole			

*ABILITY MOVES

SESSION PROGRAMS

WAITLIST ONLY/ON HOLD

