

Monday- Alisa	MONDAY (Alyson)	Monday (Mackenzie S)
3:45- 4:30— Dancers Workout and flexibility ST,Jr ,SR troupe	2:45- solo 3:15- solo 3:45- solo	4:15-5:00 Preteen jazz
4:30-5:00—Sr Pointe	4:15 junior leaps and turns	5:00 Preteen Hip hop
5:00-6:30- Sr and elite Ballet - Alisa	4:45 Junior tap	5:45 - solo or as needed
	5:30 Junior Jazz	6:15 duet or leaps and turns
6:30-7:45- Junior Ballet - Alisa	6:30 Sr Broadway Jazz	6:45-PTeam / Teen Lyrical
	7:30 -Sr Tap	7:30 PTeam / Teen Hip Hop
	8:15-solo	8:15 Teen Jazz
	8:45-solo	9:00- solo

TBD	TUESDAY (Grace)	Tuesday (Sara/ TBD)
Beginner acrobatics /tumbling	4:00- Preschool/kinder Beginner tumbles	
Beginner 2/3 acrobatics	4:45- Kinder tap/ballet	4:45 Preschool Ballet/ Tap
Conditioning for the dancer	5:30 Kinder hip -hop	5:30 Mini Hip Hop
Turns and Tricks	6:00 -Mini tap/ballet	6:00 - Teen Tap
	7:00-Teen contemporary	6:45-Beginner Dance
	7:45 -POM	7:15 - Adult Tap
	8:30- Dance Team Jazz	8:00 Adult Ballet

WEDNESDAY (Shana)	WEDNESDAY (Rachel)	WEDNESDAY Mackenzie D/ Sara/O
	4:15- Dancers workout	
5:15 Acro team training	5:00 solo 5:30 solo	4:15 Kinderdance 2 tap/ballet
6:00 Senior Troupe contemporary	6:00 -Junior hip hop	5:00 Kinder2 /mini hip hop
6:45 Junior troupe Lyrical	6:45 Sr / elite Leaps and Turns	5:30 Beginner jazz
7: 15 - 8:00 Sr troupe Lyrical	7: 15 - as needed	6:15 Flexibility , leaps and tricks
		7:00 Broadway style jazz
		7:45 Teen Ballet -
		8:30 Structured improvisation

Thursday (Rachel)	Thursday(Alyson)	Thursday (Sara/TBD)
	3:00-solo 3:30- solo -	4:00 Elementary / Int - Ballet - S or O
4:00 Opal Gem Hip Hop	4:00- Starlet Jazz	4:45 Intermediate/ elementary/ Gem - Tap
4:45 Opal /Gem Jazz	4:45- Starlet Tap	5:30 Intermediate /elementary - Jazz
5:30 Starlet/Jr Leaps / flexibility training Or conditioning	5:30 Opal Ballet	6:15 Intermediate/elementary - Hip hop
6:15 Sr Competition Jazz	6:15- Opal Tap	7:00- Pointe beginner / int
7:00 Sr Hip Hop	7:00 Starlet/ jr contemporary	7:30 Adult Tap
7:45- Elite and Alumni Jazz	7:45 Performance Team Jazz	
8:30- Elite and alumni hip hop	8:30 - Performance Team Tap	