

SEPTEMBER 2020 VIRTUAL

Schedule at a Glance (Sept 8 - Oct 4)

MONDAY

VICTORIA K	KAILENA	KIANA	GEMMA
	Zumba 12 + (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM EDT		
	Nap Time Boot Camp 4 - week session (PunchPass) 1:00 - 1:30 PM EDT		
	Zumba Kids 6 - 8 yrs 4 - week session (Studio Director) 3:00 - 3:45 PM EDT		
Beginner Acro (Mon/Sat) 14 - week session (Studio Director) 4:45 - 5:30 PM EDT <i>Pre-requisite - must be enrolled in Stretch & Strength</i>	Junior Jazz 7 - 10 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM EDT	Intermediate Contemporary 10-13 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM EDT	Beginner Hip Hop 14+ 4 - week session (Studio Director) 5:00 - 5:45 PM EDT
Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM EDT <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i>	Pre-Intermediate Jazz 10 - 13 yrs (M/W) 14 - week session (Studio Director) 4:45 - 5:30 PM EDT	Afternoon Adult Stretch (PunchPass - Drop-ins welcome!) 5:00 - 5:45 PM EDT	Hip Hop 10 - 14 yrs 4 - week session (Studio Director) 6:00 - 6:45 PM EDT
Advanced Acro (M/W) 14 - week session (Studio Director) 6:30 - 8:30 PM EDT <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i>		Adult Contemporary Choreographic workshop 4 - week session (PunchPass) 6:00 - 6:45 PM EDT	Intermediate Hip Hop 11 - 15 yrs 4 - week session (Studio Director) 7:00 - 7:45 PM EDT

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TUESDAY

VICTORIA K	KAILENA	BRELENE	KIANA	KATY	GEMMA
		Core class (PunchPass - Drop ins welcome!) 8:00 - 8:30 AM EDT			
Total Body Stretch (PunchPass - Drop ins welcome!) 12:00 - 12:45 PM EDT					
Learn to Cartwheel 4 - week session Starting October (PunchPass) 1:00 - 1:30 PM EDT	Pre-Junior Jazz 4 - 6 yrs 14 - week session (Studio Director) 3:00 - 3:45 PM EDT			Intermediate Ballet Technique 10+ 14 - week session (Studio Director) 5:15 - 6:00 PM EDT	Hip Hop 5 -7 yrs 4 - week session (Studio Director) 5:00 - 5:45 PM EDT
	Zumba Kids 9 - 12 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM EDT		Parent & Me Acro 3 - 7 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM EDT	Beginner Ballet Technique 10+ 14 - week session (Studio Director) 6:00 - 6:45 PM EDT	Hip Hop 8 - 10 yrs 4 - week session (Studio Director) 6:00 - 6:45 PM EDT
	Beginner Jazz 9 - 12 yrs 14 - week session (Studio Director) 5:00 - 5:45 PM EDT		Adult Hip Hop (PunchPass - Drop ins welcome!) 5:00 - 5:45 PM EDT	Yoga (PunchPass - Drop ins welcome!) 6:45 - 7:30 PM EDT	Hip Hop 10 - 14 yrs 4 - week session (Studio Director) 7:00 - 7:45 PM EDT
	Lyrical 12 + 14 - week session (Studio Director) <i>Pre-requisite - must be enrolled in ballet or Jazz</i> 6:00 - 6:45 PM EDT			Adult Contemporary 4 - week session (PunchPass) 7:45 - 8:30 PM EDT	

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WEDNESDAY

VICTORIA K	KAILENA	BRELENE
	Zumba 12 + (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM EDT	
	Nap Time Boot Camp 4 - week session (PunchPass) 1:00 - 1:30 PM EDT	Stretch and Relaxation (PunchPass - Drop-ins welcome!) 12:15 - 12:45 PM EDT
	Zumba Kids Jr 4 - 6 yrs 4 - week session (Studio Director) 3:00 - 3:45 PM EDT	
	Junior Jazz 6 - 10 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM EDT	Creative Process - Learn to Choreograph 11+ 4 - week session (Studio Director) 4:00 - 4:45 PM EDT
Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM EDT <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i>	Pre-Intermediate Jazz 10 - 13 yrs (M/W) 14 - week session (Studio Director) 4:45 - 5:30 PM EDT	Stretch and Strength 8+ <i>Mandatory for Beginner Acro</i> 14 - week session (Studio Director) 4:45 - 5:30 PM EDT
Advanced Acro (M/W) 14 - week session (Studio Director) 6:30 - 8:30 PM EDT <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i>	Boot Camp w/ KV (PunchPass - Drop-ins welcome!) 6:00 - 6:30 PM EDT	Advanced contemporary 14+ 14 - week session (Studio Director) 5:30 - 6:15 PM EDT
Adult Handstands (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM EDT		Stretch Class (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM EDT

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THURSDAY

VICTORIA K	BRELENE	ASHLEY	KIANA
	How to with Brelene: Pirouettes 11+ 4 - week session (Studio director) 4:15 - 4:45 PM EDT		
	Progressive Ballet Technique Ages 11+ 14 - week session (Studio director) 4:45 - 5:30 PM EDT		
Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM EDT <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i>	Core Combo (PunchPass - Drop-ins welcome!) 5:45 - 6:30 PM EDT	Advanced Ballet Technique 14 - week session (Studio Director) 5:30 - 6:15 PM EDT	All levels Hip Hop 10+ 4 - week session (Studio Director) 5:00 - 5:45 PM EDT
Acro Balances (PunchPass - Drop ins welcome!) 6:30 - 7:15 PM EDT	Improv 12+ 14 - week session (Studio Director) 6:45 - 7:30 PM EDT	Adult Ballet L1 (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM EDT	How to Dance in Heels with Kiana 4 - week session (PunchPass) 6:00 - 6:45 PM EDT
Back & Leg Flexibility 4 - Week Sessions (PunchPass) Chest Stands Sept 10 Bendy Balances Oct 15 Scorpions Nov 19 7:15 - 8:15 PM EDT			

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FRIDAY

KAILENA	ASHLEY	KIANA
Zumba 12 + (PunchPass - Drop ins welcome!) 11:00 - 11:45 AM EDT		Mom & Tot Movement 4 - week session (Punch pass) 11:00 - 11:45 AM EDT
Nap Time Boot Camp 4 - week session (PunchPass) 1:00 - 1:30 PM EDT		
All levels Jazz 10 - 13 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM EDT		
Contemporary 10 - 13 yrs 14 - week session (Studio Director) 5:00 - 5:45 PM EDT		
	Adults L3 Ballet 4 - week session (PunchPass) 7:00 - 7:45 PM EDT	

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SATURDAY

VICTORIA K	KAILENA
<p>Stretch & Strength (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM EDT</p>	<p>PRE-BALLET 3 - 4 years 4 - week session (Studio director) 10:00 - 10:45 AM EDT</p>
<p>Inter/Adv Flexibility & Conditioning 14 - week session (Studio Director) <i>Mandatory for Inter & Adv Acro</i> 12:00 - 12:45 PM EDT</p>	<p>PRE-ACRO 4 - 5 years 4 - week session (Studio director) 11:00 - 11:45 AM EDT</p>
<p>Acrobatic Arts Virtual Exam Prep Class 7-18 years 14 - week session (Studio Director) 2:00 - 2:45 PM EDT</p>	<p>Pre-Junior Jazz 5 - 6 yrs 14 - week session (Studio Director) 12:00 - 12:45 PM EDT</p>
<p>Beginner Acro (Mon/Sat) 14 - week session (Studio Director) 4:45 - 5:30 PM EDT <i>Pre-requisite - must be enrolled in Stretch & Strength</i></p>	<p>Junior Jazz 7 - 10 yrs 14 - week session (Studio Director) 1:00 - 1:45 PM EDT</p>
<p>Beginner Back Flexibility 4 - week session (PunchPass) Tricks Sept 12 Scorpions Oct 17 Chest Stands Nov 21 6:00 - 7:00 PM EDT</p>	<p>Zumba 12 + (PunchPass - Drop-ins welcome!) 2:00 - 2:45 PM EDT</p>
<p>Handstand Specific 4 - week session (PunchPass) Press Work Sept 12 Tuck & Straddle Oct 17 Leg Combos & Variations Nov 21 7:00 - 8:00 PM EDT</p>	

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SUNDAY

RORY	ASHLEY
PRE-BALLET 3 - 4 years 4 - week session (Studio director) 10:00 - 10:45 AM EDT	
PRE-PRIMARY BALLET 5 - 6 years 4 - week session (Studio director) 11:00 - 11:45 AM EDT	
	L1/2 Adult Ballet (PunchPass - Drop-ins welcome!) 12:00 - 12:45 PM EDT
PRIMARY BALLET 6 - 7 years 4 - week session (Studio director) 1:00 - 1:45 PM EDT	