



Classes by Age

TOT: 2 - 3 YEARS

Class Name	Day	Time
Tumble	Tuesday	5:00 - 5:30 PM
Tumble	Thursday	5:30 - 6:00 PM
Mommy & Me (16 months - 3 years)	Saturday	10:30 - 11:00 AM

TINY: 3 - 5 YEARS

Class Name	Day	Time
Ballet	Monday	4:30 - 5:00 PM
Jazz	Tuesday	5:00 - 5:30 PM
Ballet	Tuesday	5:30 - 6:00 PM
Tumble	Tuesday	5:30 - 6:00 PM
Tap	Thursday	4:30 - 5:00 PM
Tumble	Thursday	5:00 - 5:30 PM
Jazz	Saturday	10:00 - 10:30 AM

BEGINNER: 6 - 8 YEARS



Class Name	Day	Time
Ballet	Tuesday	6:00 - 7:00 PM
Jazz	Wednesday	5:00 - 6:00 PM
Cheer	Wednesday	6:00 - 7:00 PM
Tap	Thursday	5:00 - 6:00 PM
Lyrical	Thursday	6:30 - 7:30 PM
Leveled Tumbling begins at this age.		

INTERMEDIATE: 9 - 11 YEARS



Class Name	Day	Time
Jazz	Tuesday	7:00 - 8:30 PM
Cheer	Wednesday	6:00 - 7:00 PM
Lyrical	Wednesday	7:30 - 9:00 PM
Strength & Conditioning	Thursday	7:00 - 8:00 PM
Ballet	Thursday	7:30 - 9:00 PM
Tap	Friday	6:00 - 7:30 PM
Leaps & Turns	Saturday	11:00 - 12:30 PM

ADVANCED: 12+ YEARS



Class Name	Day	Time
Ballet	Monday	7:00 - 8:30 PM
Jazz	Wednesday	6:00 - 7:30 PM
Lyrical	Thursday	5:00 - 6:30 PM
Strength & Conditioning	Thursday	7:00 - 8:00 PM
Tap	Friday	7:30 - 9:00 PM
Leaps & Turns	Saturday	11:00 - 12:30 PM

SKILL BASED 6+



Class Name	Day	Time
Flyer Flexibility	Monday	5:00 - 6:00 PM
Tumbling Basics	Tuesday	7:00 - 8:00 PM
Tumble Basics	Wednesday	5:00 - 6:00 PM
Advanced Acro	Thursday	7:30 - 8:30 PM
Intermediate Acro	Friday	5:00 - 6:00 PM
Bridges & Backbends	Friday	6:00 - 7:00 PM
Walkovers	Friday	7:00 - 8:00 PM
Back Handsprings	Friday	8:00 - 9:00 PM