



Daily Schedule

AGE/LEVELS

Mommy & Me 16 months - 3 years	Tot 2 - 3 years	Tiny 3 - 5 years	Beginner 6 - 8 years
Intermediate 9 - 11 years	Advanced 12+ years	Tumbling/Acro Tumbling and Acro start at 6 years and athletes are placed based on skill level only	Age ranges are suggestions only. Athletes may move up or down a level based on their skill needs. Coaches must approve move.

MONDAY

TIME	DANCE A	DANCE B	GYM
4:30 - 5:00 PM	Tiny Ballet: Coach Riley		
5:00 - 5:30 PM		Junior Jazz - Glo Glimmer: Coach Riley	Flyer Flexibility - Coach Treshia
5:30 - 6:00 PM			Novice Practice - Glo Fusion - Coach Treshia
6:00 - 6:30 PM			
6:30 - 7:00 PM			
7:00 - 7:30 PM	Advance Ballet: Coach Riley		
7:30 - 8:00 PM			
8:00 - 8:30 PM			
8:30 - 9:00 PM			

TUESDAY

TIME	DANCE A	DANCE B	GYM
4:30 - 5:00 PM			
5:00 - 5:30 PM	Tiny Jazz: Coach Mims		Tot Tumble: Coach Jason
5:30 - 6:00 PM	Tiny Ballet: Coach Mims		Tiny Tumble: Coach Jason
6:00 - 6:30 PM	Beginner Ballet: Coach Mims		Teen Technique - Glo Radiance: Coach Riley
6:30 - 7:00 PM			
7:00 - 7:30 PM	Intermediate Jazz: Coach Mims	Teen Jazz - Glo Radiance: Coach Riley	
7:30 - 8:00 PM			
8:00 - 8:30 PM			
8:30 - 9:00 PM			

WEDNESDAY

TIME	DANCE A	DANCE B	GYM
4:30 - 5:00 PM			
5:00 - 5:30 PM	Beginner Jazz: Coach Mims	Junior Jazz 2- Glo Glimmer: Coach Riley	Tumbling Basics: Coach Treshia
5:30 - 6:00 PM			
6:00 - 6:30 PM	Advance Jazz: Coach Mims		
6:30 - 7:00 PM			Ages 7-12: Coach Treshia
7:00 - 7:30 PM			Novice Practice - Glo Fusion: Coach Treshia
7:30 - 8:00 PM	Intermediate Lyrical: Coach Mims	Teen Lyrical - Glo Radiance: Coach Riley	
8:00 - 8:30 PM			
8:30 - 9:00 PM			

THURSDAY

TIME	DANCE A	DANCE B	GYM
4:30 - 5:00 PM		Tiny Tap: Coach Riley	
5:00 - 5:30 PM	Advance Lyrical: Coach Mims	Beginner Tap: Coach Riley	Tiny Tumble: Coach Jason
5:30 - 6:00 PM			Tot Tumble: Coach Jason
6:00 - 6:30 PM		Junior Technique - Glo Glimmer: Coach Riley	Mini Novice - Glo Spark: Coach Treshia & Coach Beck
6:30 - 7:00 PM	Beginner Lyrical: Coach Mims		Strength and Conditioning 9+: Coach Treshia
7:00 - 7:30 PM			
7:30 - 8:00 PM	Intermediate Ballet: Coach Sydney	Advance Acro: Coach Riley	
8:00 - 8:30 PM			
8:30 - 9:00 PM			

FRIDAY

TIME	DANCE A	DANCE B	GYM
4:30 - 5:00 PM			
5:00 - 5:30 PM		Intermediate Acro: Coach Riley	
5:30 - 6:00 PM			
6:00 - 6:30 PM		Intermediate Tap: Coach Riley	Bridges & Backbends: Coach Treshia
6:30 - 7:00 PM			
7:00 - 7:30 PM		Advance Tap: Coach Riley	Walkovers: Coach Treshia
7:30 - 8:00 PM			
8:00 - 8:30 PM			Back Handsprings: Coach Treshia
8:30 - 9:00 PM			

SATURDAY

TIME	DANCE A	DANCE B	GYM
10:00 - 10:30 AM	Tiny Jazz: Coach Mims	Saturday Rehearsal - Glo Radiance: Coach Riley	Saturday Rehearsal - Glo Spark: Coach Treshia
10:30 - 11:00 AM	Mommy & Me: Coach Mims		
11:00 - 11:30 AM	Leaps and Turns 9+: Coach Mims		Saturday Rehearsal - Glo Glimmer: Coach Riley
11:30 - 12:00 PM			
12:00 - 12:30 PM			
12:30 - 1:00 PM	Musical Theater - Glo Encore: Coach Riley & Coach Mims		
1:00 - 1:30 PM			
1:30 - 2:00 PM			
2:00 - 2:30 PM	Saturday Rehearsal - Glo Encore		
2:30 - 3:00 PM			