

## Valley Schedule

Monday	Tuesday	Wednesday Studio 1	Wednesday Studio 2	Friday	Saturday
					9:30 – 10:00 Toddler Moves and Grooves
				3:14 – 4:15 CASE (Boys Only) Touchstone Academy	10:00 – 10:30 Creative Ballet (3-4)
		4:30 – 5:15 Pre-Ballet (5-6)	4:30 – 5:00 Creative Ballet (3-4)	4:30 – 5:15 Pre-Contemporary/Jazz (5-6)	10:30 – 11:15 Pre-Ballet (5-6)
	5:00 – 6:00 Contemporary 1 (7-8)	5:15 – 6:15 Ballet Level 2 (9-10)	5:00 – 6:00 Ballet Level 1 (7-8)	5:15 – 6:15 Progressing Ballet Technique and Conditioning (11+)	11:15 – 11:45 Toddler Moves and Grooves (18 -36 months)
	6:00 – 7:00 Contemporary 2 (9-10)	6:15 – 7:15 Jazz 2 (9-10)			11:45 – 12:45 Lyrical and Jazz 1 & 2 (7-10)
	7:00 - 7:45 Pilates (Adults)				
		8:15 – 9:15 Adult Advanced Contemporary			

# City Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 – 10:00 Toddler Moves and Grooves				9:30 – 10:00 Creative Ballet (3-4)	
12:15-1:00 Express Barre	12:15-1:00 Pilates	12:15 – 1:00 Express Barre	12:15 – 1:00 Pilates		10:00 - 10:45 Pre-Ballet (5-6)	
4:00 – 4:30 Creative Ballet (3-4)	4:30 – 5:30 Ballet Level 3 (11-14)	4:15– 5:00 Pre-Ballet (5-6)	4:00 – 4:30 My First Dance Class 10 Week (3-4) Begins in January	4:30 – 5:15 Pre-Contemp./Jazz (5-6)	10:45 – 11:15 Toddler Moves and Grooves	
4:30 – 6:00 Int./Adv. Ballet (15 - 18)	5:30– 6:00 Pre-Pointe	5:00 – 6:00 Contemporary Ballet (13+)	4:30 – 5:30 Ballet Level 1 & 2 (7-10)	5:15– 6:15 Jazz 1 & 2 (7 – 10)	11:15 – 12:00 Creative Movement (4-6)	
6:00– 7:15 Int/Adv Contemporary (15 +)	6:30 – 7:30 Adult Tap (Beginner)	6:00 – 7:30 Int./Adv. Ballet (15 +)	5:30 – 6:30 Contemporary 1 & 2 (7-10)	6:15– 7:15 Contemporary Floor Work (15 +)	12:00– 12:45 Adaptive Dance	
7:15– 8:15 Contemporary 3 (11-14)	7:30 – 8:30 Adult Tap (Prior Experience)	7:30 – 8:00 Pointe (15 + )	6:30 – 7:45 Adult Prior Experience Ballet	7:15– 8:15 Teen Hip Hop (13-18)		12:45 – 1:45 Choreography Lab (11-14)
8:15– 9:15 Adult Beginner/Intermediate Contemporary	8:30 – 9:30 Adult Jazz (All levels)	8:00 – 9:00 Adult Intermediate Hip Hop	7:45– 8:45 Adult Beginner Ballet	8:15 – 9:15 Adult Beginner Hip Hop		1:45 – 2:45 FCSD Ensemble (11- 14)
					2:30 – 3:30 Choreography Lab (15 + )	
					3:30- 4:30 Modern 2 (Horton Technique) 15+	
					4:30– 5:45 Young Company (15+)	

