

FHDP Schedule ADULT FALL 2022 (subject to change)

last updated: October 5

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
					10:00 Adult Gyro								9:30 Adult Barre Fit								9:15 Adult Zumba		
11:00 Adult Open Ballet				11:00 Adult Ballet 1	11:00 Adult Open Ballet							10:45-12:15 Adult Open Ballet	10:45 Adult Ballet 1							10:15 Adult Ballet 1			
																		2:00-3:30 Adult Drumming 3					
																						1:30 Adult Latin & Ballroom	
		6:30 Adult Flamenco 1		6:30 Adult Ballet 1								6:30 Adult Bollywood	6:30 Adult Ballet 2/3			6:30 Adult Yoga				6:00 Adult Aerial Fusion			
	7:30 Adult Lyrical	7:30 Adult Flamenco 2		7:30 Adult Dance Beats	7:30 Adult Ballet 2		7:30 Adult Ballet 101					7:30 Adult Tap 1	7:30 Adult Modern 1	7:30 Adult Pointe Conditioning	7:30 Adult Jazz Open	7:30 Adult Tap 2							
		8:30 Adult Flamenco 3	8:30 Adult Drumming 1	8:30 Adult Aerial Fusion	8:30 Adult Yamuna	8:30 Adult Tap 101/1		8:30 Adult Ballet 1		8:00 Adult West African		8:30 Adult Tap 101	8:30 Adult Rhythm & Soul	8:30 Adult Modern 2	8:30 Adult Latin Fusion	8:30 Adult Tap 1	8:30 Adult Hip Hop						

Classes fill quickly. Please check website for availability