# FHDP ADULT WINTER 2023 January 7 - March 25

last updated: Jan 24

## MONDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| 11:00 Adult Open Ballet | | | |
| | 7:30 Adult Lyrical | 6:30 Adult Flamenco 1 | |
| | 8:30 Adult Jazz 1/2 | 7:30 Adult Flamenco 2 | |
| | | 8:30 Adult Flamenco 3 | 8:30 Adult Drumming 1 |

## TUESDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| | 10:00 Adult Gyro | | |
| 11:00 Adult Ballet 1 | 11:00 Adult Ballet 2/3 | | |
| 6:30 Adult Ballet 1 | | | |
| 7:30 Adult Dance Beats | 7:30 Adult Ballet 2 | | 7:30 Adult Ballet 101 |
| 8:30 Adult Yamuna | 8:30 Adult Modern 2 | | |

## WEDNESDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| | | 5:30 Adult Tap 101 | |
| | | 6:30 Adult Tap 101 | 6:30 Adult Bollywood |
| | 8:00 Adult West African | 7:30 Adult Tap 1 | 7:30 Adult Modern 1 |
| 8:30 Adult Ballet 1 | | | 8:30 Adult Yoga |

## THURSDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| | 9:30 Adult Burn & Balance | | |
| 10:45-12:15 Adult Ballet 2/3 | 10:45 Adult Ballet 1 | | |
| 6:30 Adult Ballet 2/3 | | 6:30 Adult Rhythm & Soul | |
| 7:30 Adult Pointe Con | 7:30 Adult Jazz 2/3 | 7:30 Adult Tap 2 | |
| 8:30 Adult Aerial Fusion | 8:30 Adult Contemp | 8:30 Adult Tap 1 | 8:30 Adult Hip Hop |

## FRIDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| 6:00 Adult Aerial Fusion | | | |
| | 12:00 Active Older Adults | | |
| | | 2:00-3:30 Adult Drumming 3 | |

## SATURDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | STUDIO 4 |
|---|---|---|---|
| | 9:15-10:15 Adult Zumba | | |
| 10:15-11:15 Adult Ballet 1 | | 11:15 - 12:15 Adult Tap 1 | |
| | | 1:30 Adult Latin & Ballroom | |