## FHDP Schedule ADULT FALL 2023 (subject to change)

last updated: Sept 28

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 1	STUDIO 2	STUDIO	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	STUDIO 4
10:00					10:00								9:30								9:15 Adult		
Adult Ballet 1					10:00 Adult Gyro								Adult Burn & Balance								Zumba		
11:00					11:00				10:45			10:45 - 12:15	10:45								10:30 Adult Open		
Adult Open Ballet					Adult Open Ballet				Adult Ballet 101			Adult Ballet 2/3	Adult Ballet 1							11:30	Ballet		
					12:00												12:00			Adult Ballet 1			
					Active Adults								1				Active Adults						
																		2:00-3:30					
																		Adult Drumming 3					
																6:00							
		6:30			6:30											Adult Aerial Fusion							
		Adult Flamenco 1			Adult Ballet Conditioning									6:45									
	7:30	7:30		7:30	7:30	7:30	7:30		7:30	7:30	7:30	7:30	7:30	Adult Tap 1/2									
	Adult Lyrical	Adult Flamenco 2		Adult Dance Beats	Adult Ballet 1/2	Adult Tap 1	Adult Ballet 101		Adult Jazz Open	Adult Tap 101	Adult Bollywood Open	Adult Ballet 2/3	Adult Combo Mix	7:45	-								
8:30			8:30			8:30			8:30	8:30		8:30	8:30	Adult Tap 2/3	8:30								
Adult Open Ballet		Adult Flamenco 3	Adult Drumming 1	Adult Yamuna	Adult Contemp/ Modern 2	Adult Tap 101			Adult Contemp/ Modern 1	Adult Tap 1		Adult Pointe Conditioning	Adult Candlelight Yoga		Adult Open Hip Hop								