FHDP Schedule ADULT FALL 2023 (subject to change)

last updated: Sept 28

MONDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
10:00 Adult Ballet 1			
11:00 Adult Open Ballet			
		6:30 Adult Flamenco 1	
	7:30 Adult Lyrical	7:30 Adult Flamenco 2	
8:30 Adult Open Ballet		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 Open Ballet		
	12:00 Active Adults		
	6:30 Adult Ballet Conditioning		
7:30 Adult Dance Beats	7:30 Adult Ballet 1/2	7:30 Adult Tap 1	7:30 Adult Ballet 101
8:30 Adult Yamuna	8:30 Adult Contemp/ Modern 2	8:30 Adult Tap 101	

WEDNESDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
	10:45 Adult Ballet 101		
	7:30 Adult Jazz Open	7:30 Adult Tap 101	7:30 Adult Bollywood Open
	8:30 Adult Contemp/ Modern 1	8:30 Adult Tap 1	

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 Tap 1/2	
7:30 Adult Ballet 2/3	7:30 Adult Combo Mix	7:30 Adult Tap 2/3	
8:30 Adult Pointe Conditioning	8:30 Adult Candlelight Yoga		8:30 Adult Open Hip Hop

FRIDAY

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

SATURDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
	9:15 Adult Zumba		
	10:30 Adult Open Ballet		
11:30 Adult Ballet 1			