FHDP ADULT SPRING 2024 (subject to change) April 1 - June 20

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 FLEX	7:30 Adult Flamenco RHRL	Private
8:30 Adult Ballet Open		8:30 Adult Flamenco 2/3	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 FLEX		
		5:30 Adult Tap 1/2	
	6:30 Adult Ballet 1 RHSL		
7:30 Adult Dance Beats	7:30 Adult Ballet 1/2	7:30 Adult Tap RHSL 2/3	7:30 Adult Ballet 101
8:30 Adult Yamuna	8:30 Adult Contemp/ Moden RHSL		

WEDNESDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
	7:30 Adult Jazz/ Contemp Open	7:30 Adult Tap 101	7:30 Adult Bellydance
8:00 Adult Bollywood FLEX		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 RHSL	
7:30 Adult Ballet 2/3 RHSL	7:30 Adult Combo	7:30 Adult Tap 2/3	
8:30 Adult Pointe Conditioning	8:30 Adult Stretch & Conditioning		8:30 Adult Open Hip Hop

FRIDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
	12:00 Active Adults FLEX		
		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			

Regular Class

Rehearsal Show Class

Flex Class - Show Participation Optional