

FHDP Schedule 2025/26

ADULT FALL 2025 September 6 - December 20

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 Ballet 1					10:00 Adult Ballet 1/2																																																																																																																																																																																		
					11:00 Adult Gyro																																																																																																																																																																																		
					12:00 Active Adult																																																																																																																																																																																		

*Starts in Studio 4