Adult Winter 2026

January 3-March 21

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
												9:30	9:30								9:15 Adult		
					10:00 Adult							Adult Dance Beats	Adult Burn & Balance								Zumba		
					Ballet 1/2		-					10:45-12:15					11:00-11:45			10:30 Adult Ballet 101	10:30 Adult Open Ballet		
					Adult Gyro							Adult Ballet 2/3					Adult Active. FIT			11:30 Adult			
					12:00 Active Adult												12:00 Adult Active			Ballet 1	12:30-1:30		
1:45-2:45 Adult									0.00 0.45		2:00 - 2:45	1:45-2:45 Adult						2:00-3:30			Adult Pointe Conditioning		
Ballet 1									2:00 - 2:45 Bop & Groove		Bop & Groove	Ballet 1						Adult Drumming 3					
																				-			
						5:30 Adult Tap 1										6:00							
		6:30 Adult					6:30 Adult Tap			6:30 Adult						Adult Aerial Fusion							
	7:30	Flamenco 1 7:30		7:30	7:30		101 7:30	7:30		7:30		7:30	7:30	7:30									
	Adult Lyrical	Adult Flamenco 2		Adult Dance Beats	Adult Ballet 1/2		l	Bollywood		Adult Tap 2	8:00-8:30 Ballet& Pointe	Adult Ballet 2/3	Adult Ballet 1	Adult Bellydance *Feb 12 Start*									
	8:30 Adult Jazz	8:30 Adult	8:30 Adult	8:30 Adult	8:30 Adult	8:30 Adult Tap	8:30 Adult	8:00 - 9:30 *Adult	8:30 Adult	8:30 Adult Tap	8:30 Adult Burn	8:30 Adult	8:30 Adult		8:30 Adult								
	Open		Drumming 1	Yamuna	Modern 1	2/3	Ballet 1	Open Ballet& Pointe	Lyrical 2/3	Rep	& Balance	Ballet Rep	Modern 2/3		Hip Hop								