



2024-2025 Class Schedule Year:
August 26th, 2024-June 8th, 2025

Studio 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|
| | Adult Adv. Ballet 10:00-11:30AM HS | Private Session 2:30-4:00pm AK | Adult Adv. Ballet 10:00-11:30AM HS | Mom & Tot Creative Movement 10:00-10:45AM HS | |
| Co. Ensemble Reh. 4:00-5:00PM MC | Private Session 2:00-4:45PM HS/SC | Co. Reh. 3:00-5:00PM AK | Ballet 3/4 w/Pointe 4:00-5:45PM HS | Private Session 2:00-4:30PM HS | |
| Neo-classic/Con temporary 3 5:00-6:15PM MC | Ballet 2 8yrs+ 5:00-6:15PM MC | Jazz 3/4 w/ Improv 5:00-6:30PM AK | Ballet 2 8+ 5:45-7:00PM SC | Contemporary/ Graham 12+ 4:00-5:15PM HS | Company Character 12+ 11:00-12:00PM HS |
| Ballet 3/4 6:15-7:45PM MC | Ballet 2/3 Teen/Adult 6:45-8:00PM MC | Ballet 3 7:00-8:30PM HS | Jr/Teen Company Rehearsal 7:00-8:00PM | Ballet 4 w/Pointe 5:15-6:45PM HS | ABO- Co. Class 12:00-1:15PM HS AK EC MC |
| | | | | Company Reh. 7:00-9:00PM | ABO Co. Reh. 1:30-5:00PM |

Classes will only be Zoomed for weather emergencies.
 All classes are LIVE in-studio.

Zoom Link: Your studio connection from home!

<https://zoom.us/j/6069713634?pwd=ZlxcE9Nd3laRnBmVjFDQkxmdUZydz09>

Link A Log In: User ID-6069713634 PW-allegro

Studio 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|
| Core & Go! Pilates 9:00-9:45AM HS | Core & Go! Pilates 9:00-9:45AM HS | Core & Lift! Pilates w/ the kettle bell 4:00-4:45PM HS | Core & Go! Pilates 9:00-9:45AM HS | Core & Go! Pilates 9:00-9:45AM HS | Core & Go! Pilates 8:15-9:00AM HS |
| Pre-Jazz/Tap 3-5 yrs 5:00-5:45PM SC | Core & Go! Pilates 4:00-4:45PM HS | Pre-Ballet/Tap 2.5-5 yrs 5:00-5:45PM SC | Contemp. 2 8+ 4:45-5:45PM SC | Jazz 1/2 5:00-6:00PM ZC | Core & Cardio! Pilates w/ more 9:00-9:45AM HS |
| Contemp 1 6 yr and up 5:45-6:45PM SC | NEW!! Hip Hoppers 5-7yrs 5:00-5:45PM Char | Ballet 1 6-9yrs 5:45-6:45PM SC | Core & Go! Pilates 6:00-6:45PM HS | Tap 1-2 6:00-7:00PM ZC | Pre-Ballet (3-5) 9:45-10:30AM SC |
| Trainee Co Rehearsal 6:45-8:30PM SC | Hip Hop 8-14Yrs 5:45-6:45PM Char | Core & Calm Pilates w/ Stretch 8:30-9:15PM HS | Adult Ballet 6:45-8:00PM HS | Tap 3 7:00-8:00PM ZC | Ballet 1 6-8 yrs 10:30-11:30AM SC |
| | Hip Hop Teen to 20s 6:45-7:45PM Char | | | Private Sessions 8:00-9:00PM ZC | |
| | GForce Team Reh. 7:45-8:30PM Char | | | | |