

2025-2026

DANCE DYNAMICS STUDIO

Monday

Studio A

4:00-5:00 4 year old Mini Ballet & Tap
5:00-5:45 Mini Foundations: Acro&Jazz

Studio B

4:00-5:00 Ballet Level II
5:00-6:30 Pointe Level I
6:30-7:45 Ballet Level I
7:45-8:15 Company Ballet

Studio C

4:00-5:00 5 year old Mini Ballet & Tap
5:15-6:15 Pointe Level II
6:15-7:00 Teen Lyrical
7:00-7:45 Teen Technique w/Beth

Tuesday

Studio A

4:45-5:30 Tiny Foundations: 3 year old Ballet&Acro
6:00-6:45 TikTok Tuesday
6:45-7:30 Primary Hip Hop K5-4th Grade

Studio B

4:00-5:15 Primary Ballet & Tap (ages 7-8)
5:15-6:00 Pilates w/Paula
6:00-6:45 Advanced Jazz Technique
6:45-7:30 Teen Jazz Technique
7:30-8:30 Advanced Contemporary

Studio C

4:00-5:15 Primary Ballet & Tap (ages 6-7)
5:15-6:00 Primary Foundations: Acro&Jazz (ages 6-8)
6:15-7:15 Company Tap Technique
7:30-8:15 AMPED: Hip Hop ages 12+

Wednesday

Studio A

6:15-7:00 Company Collab (Teen & Senior)

Studio B

4:00-4:45 Pilates Deep Stretch w/Paula
4:45-5:30 Athletic Artist Training (ages 10+)
5:30-6:15 Junior Jazz (ages 8-10)
6:15-7:00 Junior Ballet (ages 8-10)
7:00-7:45 Intermediate Ballet (ages 11-13)

Studio C

4:45-5:30 Teen Tap
5:30-6:15 Advanced Tap
6:15-7:00 Intermediate Tap (ages 11-13)
7:00-7:45 Junior Tap (ages 8-10)

Thursday

Studio A

4:00-4:45 Company Warm-up

Studio B

4:00-4:45 Junior Acro (ages 9-12)
4:45-5:30 ELITE: Ballet Barre
5:30-6:15 Plyometric Training
6:15-6:45 Foundations & Floorwork
6:45-7:30 Intermediate Contemporary
7:30-8:15 ELITE: Hip Hop (invitation only)

Studio C

4:00-4:45 The LAB: Guys Hip Hop
4:45-5:30 Junior/Intermediate Hip Hop
5:30-6:00 Junior Lyrical
6:00-6:45 Junior Musical Theatre
6:45-7:15 Advanced Theatre Jazz
7:15-8:00 Intermediate Jazz

Sunday

1:30-6:30 *Dance Company Rehearsal*

www.dancedynamicsstudio.com | 478-474-2010