

Weekly Classes.

Starting September 2, 2025!

If you're not enrolled in a monthly membership/package, please register before attending.

Drop-ins are welcome if space allows.

Monday

10:00 AM - MOMMY & ME YOGA (1-3 yrs)

PRIVATE LESSONS /CLASSES - BY APPOINTMENT ONLY

5:00 PM - HIP HOP/JAZZ (5-6 yrs)

6:00 PM - HIP HOP/JAZZ (9-11 yrs)

7:15 PM - ADULT BURLESQUE - 🎵 **T2 - NEW!**

8:30 PM - ADULT HEELS & FLOORPLAY - 🎵👉 **T3**

Tuesday

9:00 AM - STEP DANCE FIT - 🏋️ **F3**

PRIVATE LESSONS /CLASSES - BY APPOINTMENT ONLY

5:00 PM - HIP HOP/JAZZ (7-8 yrs)

6:00 PM - LYRICAL (12-15 yrs)

7:15 PM - COUNTRY LINE DANCING - 🎵 **T1 - NEW!**

8:30 PM - ADULT HIP HOP DANCE FIT - 🏋️ **F4**

Wednesday

9:00 AM - ZUMBA STRONG (HIIT) - 🏋️ **F4**

PRIVATE LESSONS /CLASSES - BY APPOINTMENT ONLY

4:15 PM - ACRO/ BALLET/CREATIVE MOVE (2-4 yrs)

5:00 PM - HIP HOP/ACRO (5-6 yrs)

6:00 PM - HIP HOP/ACRO (9-11 yrs)

7:00 PM - BALLET OPEN CLASS (7-18+ yrs) - 🎵 **T2 - NEW!**

8:00 PM - ADULT HIP HOP - 🎵 **T2**

Thursday

9:00 AM - ZUMBA DANCE - 🏋️ **F4**

PRIVATE LESSONS /CLASSES - BY APPOINTMENT ONLY

5:00 PM - HIP HOP/ACRO (7-8 yrs)

6:00 PM - HIP HOP (12-15 yrs)

7:30 PM - SOCIAL LATIN DANCE - 🎵 **T3**

8:30 PM - ADULT LYRICAL/CONTEMPORARY - 🎵👉 **T3**

Friday

9:00 AM - POUND (DRUMSTICKS) FIT - 🏋️ **F3**

PRIVATE LESSONS /CLASSES/PARTIES - BY APPT. ONLY

Saturday

PRIVATE LESSONS /CLASSES/PARTIES - BY APPT. ONLY

Sunday

10:00 AM - ZUMBA DANCE - 🏋️ **F4**

PRIVATE LESSONS /CLASSES/PARTIES - BY APPT. ONLY

1:00 PM - ACRO/TUMBLING (4-7 yrs)

6:00 PM - SOCIAL LATIN DANCE - 🎵 **T3**

7:00 PM - LATIN DANCE FUSION - 🎵 **T2 - NEW!**

8:30 PM - ADULT FIT (Pound/Step/Hip Hop Fit) - 🏋️ **F4**

DANCE SHOWCASES & SUMMER RECITALS

Dec/Jan: "Winter Joy Tour" Community Showcases (TBD)

1/4: "Winter Tease" All-Lady Burlesque Showcase

5/31 or 6/7: Summer Family Recital (TBD)

June: All-Lady Summer Recital (TBD)

KEY FOR ADULT CLASSES

🎵 = Dance Choreography

👉 = Includes Floorwork

🏋️ = Fitness Class

T (Technique Level):

1 = Beginner | 2 = Beg/Int | 3 = Intermediate | 4 = Advanced

F (Fitness Intensity):

1 = Low | 2 = Moderate | 3 = High | 4 = Very High