



2023-2024 FALL SCHEDULE

MONDAY								
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5	CORE Kid's Gym		
MORNING								
9:30-10:00 AM		Wiggles & Giggles 9:30-10:00 AM Ages 18 mo-2 Sam						
10:00-10:30 AM		Tiny Tot Ballet & Tap 10:00-10:30 AM Ages 3-4 Sam						
10:30-11:00 AM		Tiny Tot Tumbling 10:30-11:00 AM Ages 3-4 Sam						
EVENING								
4:00-4:15 PM					Advanced Tumbling 4:00-4:45 PM Nina			
4:15-4:30 PM								
4:30-4:45 PM								
4:45-5:00 PM	Mini Sprouts 4:45-5:45 PM Sam	Petite Technique 4:45-5:45 PM Liz	Wiggles & Giggles 4:45-5:15 PM Ages 18 mo-2 Jadyn	Select Ballet 4:45-6:15 PM Sasha	Mighty Tumbling 4:45-5:15 PM Ages 4-5 Nina	Sapphires Gymnastics 4:45-5:15 PM Age 3 Kennedy		
5:00-5:15 PM								
5:15-5:30 PM					Mini Hip Hop & Tumbling 5:15-5:45 PM Jadyn			
5:30-5:45 PM							Advanced Technique 5:15-6:15 PM Beth	Emeralds Gymnastics 5:30-6:15 PM Ages 4-5 Nina
5:45-6:00 PM	Ballet & Tap 5:45-6:30 PM Ages 4-5 Kennedy	Petite Ballet 5:45-6:45 PM Sam	Ballet & Tap 5:45-6:30 PM Ages 4-5 Liz	Advanced Ballet 6:15-7:45 PM Sasha				
6:00-6:15 PM								
6:15-6:30 PM								
6:30-6:45 PM	Ballet & Tap 6:30-7:15 PM Ages 6-8 Jadyn	Hip Hop 6:45-7:30 PM Ages 6+ Kennedy				Select Technique 6:15-7:15 PM Beth	Rubies Gymnastics 6:30-7:15 PM Ages 6-8 Nina	
6:45-7:00 PM					Hip Hop & Tumbling 6:45-7:30 PM Ages 4-5 Sam			
7:00-7:15 PM								
7:15-7:30 PM								
7:30-7:45 PM		Lyrical 7:30-8:00 PM Ages 6+ Kennedy						
7:45-8:00 PM								
8:00-8:15 PM					Contemporary 8:00-8:45 PM Ages 12+ Kennedy			
8:15-8:30 PM								
8:30-8:45 PM								

TUESDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5	CORE Kid's Gym	
MORNING							
9:30-9:45 AM						Gym Classes 9:00-12:00 PM Nina	
9:45-10:00 AM							
10:00-10:15 AM							
10:15-10:30 AM							
10:30-10:45 AM							
10:45-11:00 AM							
11:00-11:15 AM							
11:15-11:30 AM							
EVENING							
4:45-5:00 PM	Choreography 4:45-5:15 PM Sam 3	Sprouts 2.0 4:45-5:45 PM Liz	Tiny Tot Ballet & Tap 4:45-5:15 PM Age 3 Nicole	Choreography 4:45-5:15 PM Lara 17	Junior Ballet 4:45-6:15 PM Sasha	Sapphires Gymnastics 4:45-5:15 PM Ages 3.5-5 Kennedy	
5:00-5:15 PM							
5:15-5:30 PM	Beginning Ballet 5:15-6:15 PM Sam			Junior Select Technique 5:15-6:15 PM Kennedy			Tiny Tot Tumbling 5:15-5:45 PM Ages 3-4 Brandi
5:30-5:45 PM			Wiggles & Giggles 5:30-6:00 PM Ages 18 mo-2 Nicole				
5:45-6:00 PM			Ballet & Tap 6:15-7:00 PM Ages 4-5 Kennedy		Hip Hop & Tumbling 5:45-6:30 PM Ages 4-8 Brandi		
6:00-6:15 PM	Ballet & Tap 5:45-6:30 PM Ages 6-8 Nina						
6:15-6:30 PM	Beginning Technique 6:15-7:15 PM Sam	Hip Hop & Tumbling 6:30-7:15 PM Ages 4-8 Nina	Hip Hop & Tumbling 7:00-7:45 Ages 4-5 Kennedy	Junior Technique 6:15-7:15 PM Nicole	Junior Select Ballet 6:15-7:45 PM Sasha	Emeralds Gymnastics 6:30-7:15 PM Ages 4-6 Brandi	
6:30-6:45 PM							
6:45-7:00 PM							
7:00-7:15 PM							
7:15-7:30 PM	Musical Theater 7:15-7:45 PM Ages 6+ Sam	Beginning Tap 7:15-8:00 PM Brandi		Beginning Tumbling 7:15-8:00 PM Nina			
7:30-7:45 PM							
7:45-8:00 PM					Musical Theater 7:45-8:30 PM Ages 11+ Sam		
8:00-8:15 PM		Adult Dance 8:00-8:30 PM Kennedy					
8:15-8:30 PM							

WEDNESDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5	CORE Kid's Gym
MORNING						
8:30-8:45 AM						Open Gym 9:30-11:30AM Sam
8:45-9:00 AM						
9:00-9:15 AM						
9:15-9:30 AM						
9:30-9:45 AM						
9:45-10:00 AM						
10:00-10:15 AM						
10:15-10:30 AM						
EVENING						
4:45-5:00 PM			Tiny Tot Hip Hop & Tumbling 4:45-5:15 PM Ages 3.5-5 Liz	Intermediate Technique 4:45-5:45 PM Kennedy	Advanced & Select Ballet 4:45-6:15 PM Sasha	Tiny Tot Tumbling 4:45-5:15 PM Ages 3.5-5 Brandi
5:00-5:15 PM	Intro to Ballet <i>Sprouts XL Ballet</i> 5:00-5:45 PM Asiha	CORE Kick Start <i>Performance Team</i> 5:00-6:00 PM	Wiggles & Giggles 5:15-5:45 PM Ages 18 mo-2 Liz			Friend & Me Gymnastics 5:15-5:45 PM Infants-3 years Brandi
5:15-5:30 PM						
5:30-5:45 PM						
5:45-6:00 PM						
6:00-6:15 PM	Sprouts XL Technique 6:00-7:00 PM Liz	Select Technique 6:15-7:15 PM Sam	Ballet & Tap 6:15-7:00 PM Ages 6-8 Brandi	Intermediate Ballet 5:45-7:15 PM Asiha	Advanced Technique 6:15-7:15 PM Kennedy	Rubies Gymnastics 6:00-6:45 PM Ages 4-5
6:15-6:30 PM						
6:30-6:45 PM						
6:45-7:00 PM						
7:00-7:15 PM						Emeralds Gymnastics 6:45-7:30 PM Ages 6-8
7:15-7:30 PM	Intermediate Tap 7:15-8:00 PM Brandi	Hip Hop 7:15-8:00 PM Ages 8+ Sam	Jazz 7:15-7:45 PM Ages 4-8 Kennedy	Pointe/ Pre-Pointe 7:15-8:00 PM Asiha	Intermediate Tumbling 7:15-8:00 PM	
7:30-7:45 PM						
7:45-8:00 PM						
8:00-8:15 PM	Advanced Tap 8:00-8:45 PM Brandi	Improv 8:00-8:30 PM Ages 8+ Sam				
8:15-8:30 PM						
8:30-8:45 PM						

THURSDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5	CORE Kid's Gym
EVENING						
4:00-4:45 PM					Intermediate Tumbling 4:00-4:45 Kennedy	
4:45-5:30 PM	Petite Ballet 4:45-5:45 PM Asiha	Tiny Tot Ballet & Tap 4:45-5:15 PM Age 3 Sam		Junior Ballet 4:45-6:15 PM Sasha	Beginning Tumbling 4:45-5:30 PM Kennedy	Emeralds Gymnastics 4:45-5:30 PM Ages 4-5
5:00-5:15 PM						
5:15-5:30 PM						
5:30-5:45 PM		Junior Select Technique 5:15-6:15 PM Sam	Wiggles & Giggles 5:30-6:00 PM Ages 18 mo-2 Rhyan			Rubies Gymnastics 5:30-6:15 PM Ages 6-8 Nina
5:45-6:00 PM	Petite Technique 5:45-6:45 PM Kennedy					
6:00-6:15 PM						
6:15-6:30 PM						
6:30-6:45 PM		Junior Technique 6:15-7:15 PM Sam	Ballet & Tap 6:15-7:00 PM Ages 4-6 Rhyan	Junior Select Ballet 6:15-7:45 PM Sasha	Intermediate Ballet 5:45-7:15 PM Asiha	Diamonds Gymnastics 6:30-7:15 PM <i>Invite Only</i> Nina
6:45-7:00 PM	Hip Hop 6:45-7:15 PM Ages 6+ Joe					
7:00-7:15 PM			Choreography 7:00-7:30 PM Rhyan 4			
7:15-7:30 PM		Lyrical 7:15-8:00 PM Ages 8+ Sam		Junior Select Ballet 6:15-7:45 PM Sasha	Intermediate Technique 7:15-8:15 PM Joe	Beginning Tumbling 7:15-8:00 PM Nina
7:30-7:45 PM						
7:45-8:00 PM	Choreography 7:45-8:15 PM Kennedy 21					
8:00-8:15 PM						
8:15-8:30 PM	Dance Team Prep 8:15-9:00 PM Kennedy			Hip Hop 8:15-9:00 PM Ages 12+ Sam	Intermediate Tumbling 8:15-9:00 PM Joe	
8:30-8:45 PM						
8:45-9:00 PM						

FRIDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5	CORE Kid's Gym
4:45-5:00 PM	Wiggles & Giggles 4:45-5:15 PM Ages 18 mo-2 Rhyan					
5:00-5:15 PM						
5:15-5:30 PM						
5:30-5:45 PM	Hip Hop & Tumbling 5:30-6:15 PM Ages 4-8 Rhyan					
5:45-6:00 PM						
6:00-6:15 PM						