

DanzArts' Fall Spring 2022-2023

Fall Semester 9/01-1/15/23 Spring Semester 1/16-5/25/23

MONDAY

Musical Theater 4:30-5:30 David	JPT 4:30-5:30 Gigi
Level 5-8 Ballet 5:30-7:00 Gigi	Level 3/4 Hip Hop 5:30-6:15
	Level 2 Hip Hop 6:15-7:00
Level 7/8 Pointe 7:00-8:00 Hannah	Level 5/6 Pointe 7:00-8:00 Paula
Improv 8:00-9:00 Michael	

TUESDAY

Level 2 Ballet/Jazz & Tap 4:30-6:00 Paula	Strength & Flexibility 4:30-5:30 Charlie
	Level 3/4 Jazz 5:30-6:15
Level 5-8 Hip Hop 6:00-7:00 Charlie	Level 3/4 Contemp 6:15-7:00
Level 7/8 Contemp 7:00-8:30 Paula	Level 5/6 Contemp 7:00-8:00 Lisa

WEDNESDAY

	CM 3:45-4:15
	PreBallet 4:15-5:00 Kathleen
Level 5-8 Ballet 4:30-6:00 Paula	Level 1 Ballet/Tap 5:00-6:00 Kathleen
Level 5/6 Tap 6:00-7:00 Paula	Level 7/8 Jazz 6:00-7:00 David
Level 7/8 Tap 7:00-8:00 Paula	Level 5/6 Jazz 7:00-8:00 David
Slow Flow Recovery Yoga 8:00-9:00 Michael	

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THURSDAY

SPT 4:30-5:30 Gigi	Level 1 Ballet/Tap 4:30-5:30 Paula
Level 7/8 Ballet 5:30-7:00 Brooke	Level 5/6 Ballet 5:30-7:00 Paula
Level 7/8 Pointe 7:00-8:00 Brooke	Level 5/6 Pointe 7:00-8:00 Paula

FRIDAY

Level 3/4 Ballet 4:30-5:45 Paula	Pilates for Dancers 4:45-5:45 Alissa
Level 5-8 Ballet 5:45-7:15 Paula	Level 3/4 Tap 5:45-6:30
Level 5-8 Muller Technique 7:15-8:45 Michael	

SATURDAY

Level 5-8 Ballet 9:00-10:30 Brooke	
Pointe & Variations 10:30- 11:30 Brooke	CM 10:30-11
Level 2 Ballet/Jazz & Tap 11:30-1:00 Brooke	Pre Ballet 11:00- 11:45
	Level 1 Ballet/Tap 11:45- 12:45 Kathleen

SUNDAY

Yoga for Dancers 9:00-10:00 Michael
Adv Beg/Int Teen & Adult Ballet 10:00- 11:30 Michael
Contemp Jazz Fusion Noon-1:30 Michael
liado Practice 3:00-4:30

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