

Teen Schedule Overview 2026/2027

Day	Time	Class	Age
Monday	7:00-8:00PM	Intermediate Foundations Ballet	(*Level Dependent)
Monday	7:00-8:00PM	Intermediate/Advanced 1 Ballet	(*Level Dependent)
Monday	7:00-8:00PM	Competitive Strength Training 1	6+
Monday	8:00-9:00PM	Pointe Preparation	10+ (*Level Dependent)
Monday	8:00-9:00PM	Pointe	10+ (*Level Dependent)
Tuesday	5:00-6:00PM	Competitive Strength Training 2	6+
Tuesday	7:00-8:00PM	Teen Contemporary	12+
Tuesday	8:00-9:00PM	Teen Acro	12+
Wednesday	7:00-8:00PM	Teen Hiphop	12+
Wednesday	8:00-9:00PM	Junior/Teen Jumps and Turns	9+
Thursday	6:00-7:00PM	Intermediate Foundations Ballet	(*Level Dependent)
Thursday	6:00-7:00PM	Junior/Teen Tap Technique 1 (Competitive)	9+
Thursday	7:00-8:00PM	Intermediate Foundations Ballet	(*Level Dependant)
Thursday	7:00-8:00PM	Intermediate/Advanced 1 Ballet	(*Level Dependent)
Thursday	8:00-9:00PM	Intermediate/Advanced 1 Ballet	(*Level Dependent)
Thursday	8:00-9:00PM	Junior/Teen Tap Technique 2 (Competitive)	9+
Friday	7:00-8:00PM	Competitive Strength Training 3	6+
Saturday	10:00-11:00AM	Teen Jazz	12+

		Choreography (Competitive)	
Saturday	11:00-12:00PM	Teen Tap Choreography (Competitive)	12+
Saturday	12:00-1:00PM	Junior/Teen Jazz Technique (Competitive)	9+
Saturday	1:00-2:00PM	Musical Theatre	6+