



**2024-25 Season Class Schedule**  
September 9, 2024 - June 5, 2025

Time	Monday Studio 1	Monday Studio 2	Monday Studio 3	Tuesday Studio 1	Tuesday Studio 2	Tuesday Studio 3	Wednesday Studio 1	Wednesday Studio 2	Wednesday Studio 3	Thursday Studio 1	Thursday Studio 2	Thursday Studio 3	Friday Studio 1	Friday Studio 2									
3:00																							
3:15																							
3:30																							
3:45																							
4:00																							
4:15								Arise Solo (4:00-4:30)															
4:30		Foundations 3/4 (4:30-5:30) Joseph	Pre-Ballet (4:30-5:15) Virsavias	All Team Rehearsal (4:30-5:00)				Ballet 1 (4:30-5:30) Virsavias		Ballet 2 (4:30-5:45) Ally													
4:45																							
5:00			Pre-Jazz/Acro (5:15-6:00)	Theater Jazz Open Level - Ava (5:00-5:45)	Pre Hip-Hop (5:00-5:45) Moiras																		
5:15	Acro 2 (5:15-6:15) Virsavias	Technique 3/4 (5:30-6:15) Joseph	Break	Jazz 3/4 (5:45-6:45) Ava	Hip Hop Fundamentals 1 (5:45-6:45) Moiras	Hip Hop 2 (5:45-6:45) Grant	Flour Jazz Tm (5:15-5:45)	Contemporary 1 (5:30-6:15) Virsavias	Eff/FI Theater Jazz Tm (5:45-6:15)	Pre-Pointe / Pointe (5:45-6:30) Ally													
5:30																							
5:45																							
6:00																							
6:15	Break	Foundations 1/2 (6:15-7:15) Joseph	Barre Class 17+ (6:15-7:15) Virsavias	Ballet 3/4 (6:45-7:45) Ava	Break	Dance Fitness (6:45-7:45) Grant	Ballet 3/4 (6:15-7:15) Virsavias	Jazz 1 (6:15-7:00) Ava	Arise Duo (7:00-7:30)	Jazz 2 (6:30-7:30) Ally													
6:30	Acro 3/4 (6:30-7:30) JuJu																						
6:45																							
7:00		Technique 2 (7:15-8:00) Joseph	Acro 1/2 (7:15-8:15) Virsavias		Ballet 2 (7:00-8:30) Virsavias	Break	Contemporary & Improv 3/4 (7:15-8:15) Virsavias	Arise Solo (7:30-8:00)		Break													
7:15																							
7:30	Leaps & Turns 3 (7:30-8:15) JuJu																						
7:45		Break																					
8:00																							
8:15	Leaps & Turns 4 (8:15-9:00) JuJu	Leaps & Turns 2 (8:15-9:00) Virsavias	Choreo 3 (8:15-9:00) Joseph																				
8:30				Rental (8:30-10:00)	Contemporary & Improv 2 (8:30-9:30) Virsavias	Hip Hop 3/4 (8:00-9:00) Grant	Flour Cont Tm (8:30-9:00)	Eff Jazz Tm (8:30-9:00)	Eff Contemporary Tm (9:00-9:30)	Choreo 2 (7:45-8:30) Ava													
8:45																							
9:00	Crescendo Cont Tm JuJu (9:00-9:30)	Choreo 4 (9:00-9:45) Joseph																					
9:15																							
9:30																							
9:45																							
10:00																							

	Moiras
	Virsavias
	Ava
	Joseph
	JuJu
	Grant
	Ally