

SCHEDULE 2009/2010

2009/2010 SCHEDULE

ROOM AC

MONDAY

3:30 - 4:30 INTRO TO LYRICAL
 4:30 - 5:45 JR. CO. BALLET +
 5:45 - 7:00 **THE PATH**
 7:00 - 8:00 CO. SALSA
 8:00 - 8:30 SR. JAZZ PROGRESSIONS
 8:30 - 9:30 **JUST BOOM**

TUESDAY

4:30 - 5:30 **COLD WATER**
 5:30 - 6:45 SR. CO. BALLET BARRE +
 6:45 - 7:30 COMPANY POINTE ^ ~+
 7:30 - 8:30 SR. CO./ LV. 4/5 MODERN <
 8:30 - 9:30 **RAIN**

WEDNESDAY

3:30 - 4:30 **SOLO REHEARSAL**
 4:30 - 5:30 **WHO'S IN THE HOUSE**
 5:30 - 6:30 **GLORY**
 6:30 - 7:15 **KODO**
 7:15 - 8:00 CO. COMPANY CONDITION/STRETCH ^
 8:30 - 8:45 **FIND ME!!!**
 8:45 - 9:30 **TALK**

THURSDAY

3:30 - 4:30 OPEN STRETCH CLASS
 4:30 - 5:30 CO. PILATES *
 5:30 - 6:30 **HAMMERTIME!!!**
 6:30 - 7:30 **THE HEART (ENTIRE CO.)**
 7:30-9:00 ADV. CONTEMP. <

FRIDAY

4:30 - 5:30 PRE-COMP. BALLET
 5:30 - 6:30 PRE-COMP. JAZZ
 6:30 - 8:30 **REHEARSALS**

SATURDAY

8:30 - 5:00 **COMPANY REHEARSALS ~**

SATURDAY'S SCHEDULE WILL
 CHANGE WHEN COMPETITIVE
 CHOREOGRAPHY BEGINS.

* PILATES MUST BE TAKEN ONCE A WEEK FOR COMPANY MEMBERS

^ COMPANY CLASSES ARE COMBINED JR. & SR. COMPANY MEMBERS

**PLEASE NOTE: THESE CLASSES IN GREEN MUST BE TAKEN IF NOT IN THE
 ADJACENT COMPETITION NUMBER (PLEASE INQUIRE)**

ROOM DC

MONDAY

9:00 - 10:00 ZUMBA
 3:30 - 4:30
 4:30- 5:30
 5:30 - 6:30
 6:30 - 7:30
 7:30 - 8:30

TUESDAY

3:30 - 4:30
 4:30 - 5:30
 5:30 - 6:45 JR. CO. BALLET +
 7:00 - 8:00
 8:00 - 9:30

WEDNESDAY

9:00 - 10:00 ZUMBA
 10:00 - 10:30 ATTITUDES ABS/ ISO STRETCH
 1:15 - 12:00
 3:30 - 4:30
 4:30 - 5:30
 5:30 - 6:30
 6:30 - 7:30
 7:30 - 8:30
 8:30 - 9:30

THURSDAY

3:30 - 4:30
 4:30 - 5:30 **SUAVE**
 5:30 - 6:30 **SR. CO. / LV. 4/5 LYRICAL**
 6:30 - 7:30 **CO. LV. 4/5 JAZZ**

FRIDAY

4:30 - 5:30 CO. ACRO - GYM WORLD
 6:00 - 8:00 **REHEARSALS**

SATURDAY

9:00 - 10:00 LV. 1 / 2 HIP HOP
 10:00 - 5:00 **COMPANY REHEARSALS**