



MONDAY	<b>TUESDAY</b> <b>Ms. Giada</b>	<b>WEDNESDAY</b> <b>Ms. Karen</b>	<b>THURSDAY</b> <b>Miss Maya</b> <b>Miss Lila</b>	FRIDAY	<b>SATURDAY</b> <b>Miss Lila</b>
	4:30 - 5:00pm <b>TEENY BALLERINA</b> Ages 4 - 8 Introduction to ballet for first time dancers. Introduce the basics of Classical Ballet through imagination and creative movement.	4:30 - 5:00pm <b>KINDER DANCE</b> Ages 3 - 5 No previous dance experience required. This class is a great way to introduce the youngest dancers to dance! You'll get a chance try them all!	4:30 - 5:00pm <b>ITSY BITSY BALLET</b> Ages 3 - 5 Introduction to Ballet for first time dancers. Introduce the basics of classical ballet through imagination and creative movement.		9:30 - 10:00am <b>KINDER DANCE</b> Ages 3 - 5 No previous dance experience required. This class is a great way to introduce the youngest dancers to dance! You'll get a chance try them all!
	5:00 - 5:30pm <b>JUST DANCE</b> Ages 5 - 10 No previous dance experience required. Not sure which dance style your little dancer will enjoy, why not try them all? This class will explore movement & dance for first time dancers.	5:00 - 5:30pm <b>LET'S GET TAPPING</b> Ages 5 - 10 Previous tap experience preferred, but not required. Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor. <b>Tap shoes are mandatory for this class.</b>	5:00 - 5:30pm <b>JELLYBEAN JAZZ</b> Ages 3 - 5 Introduction to Jazz for first time dancers. Introduce the basics of jazz & dance, through imagination and creative movement.		10:00 - 10:30am <b>ITSY BITSY BALLET</b> Ages 3 - 5 Introduction to Ballet for first time dancers. Introduce the basics of classical ballet through imagination and creative movement.
	5:30 - 6:15 <b>BEAUTIFUL BALLERINAS</b> Ages 9 - 12 Previous ballet experience preferred, but not necessary. This class will further explore the elements of dance through creative exercises that are movement focused. The knowledge gained in this classes prepares the student for the attention to detail required in the study of formal ballet training.	5:30 - 6:00pm <b>JUST DANCE</b> Ages 5 - 10 No previous dance experience required. Not sure which style is your favourite? Why not try them all! This class will explore Hip Hop, Jazz and Musical Theatre.	5:30 - 6:30pm <b>ACRO INTENSIVE</b> Ages 4 - 6 Skills workshop building on the foundations of acro dance. Previous experience in acro/gymnastics is required.		10:30 - 11:00am <b>TINY TAPPERS</b> Ages 3-6 No previous tap experience required. An introduction to tap dance for first time dancers. Tap dance is a form of dance characterized by using the sounds of taps striking the floor. <b>Tap shoes are mandatory for this class.</b>
	6:15 - 7:00pm <b>STRENGTH &amp; STRETCH</b> Ages 12+ Open to all genres of dance and sports. A full body workout with a focus on the core that will improve strength, increase flexibility, and help prevent injury.	6:00 - 6:45pm <b>#DANCELIFE</b> (TikTok Dance Party) Ages 8+ Popular TikTok dances for kids, fun, age-appropriate routines which are easy to learn and safe for children to perform.	6:30 - 7:30pm <b>ACRO INTENSIVE</b> Ages 7 - 10 Skills workshop building on the foundations of acro dance. Previous experience in acro/gymnastics is required.		11:00 - 11:45pm <b>BEGINNER ACRO DANCE</b> Ages 5 - 8 No previous experience in acro or gymnastics required. This class will explore activities to build strength, flexibility and basic tumbling skills.
	7:00 - 7:45pm <b>TOE TASTIC TAPPERS</b> Ages 12+ Previous tap experience not required, but helpful. Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor. <b>Tap shoes are mandatory for this class.</b>	6:45 - 7:30pm <b>AJA</b> (K-Pop Dance Party) Ages 5 - 12 Dive into the mesmerizing world of K-Pop dance. This class provides a mix of fun and performance, making them suitable for anyone interested in K-pop dance.	7:30 - 8:30pm <b>ACRO INTENSIVE</b> Ages 10+ Skills workshop building on the foundations of acro dance. Previous experience in acro/gymnastics is required.		11:45 - 12:30pm <b>ACRO DANCE</b> Ages 8+ At least 1 year previous experience in acro or gymnastics required. This class will further explore activities to build strength, flexibility, limbering and tumbling skills.
	7:45 - 8:30pm <b>ADULT DANCE</b> Ages 16+ No previous dance experience required. Come out and get your heart rate pumping. Class will explore multiple dance genres.	7:30 - 8:15pm <b>LIGHTS, CAMERA, BROADWAY</b> Ages 8+ Immerse yourself in all things Musical Theatre. Musical Theatre is a form of performance combining acting, singing and dancing to present a fully realized story.			
		8:15 - 9:00pm <b>ADULT DANCE</b> Ages 16+ No previous dance experience required. Come out and get your heart rate pumping. Class will explore multiple dance genres.			