

AUGUST 2022

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	1	2 6:00 [B/AB] Contemporary 7:15 [B] Heels 8:30 [B/AB] Sneakers	3 6:00 [B/AB] Jazz 7:15 [AB] Heels 8:30 [AB/I] Jazz Funk	4 6:00 [O] Tap 7:15 [I] Heels 8:30 [AB/I] Hip Hop	5 7:00 [B/AB] Couples Ballroom 8:15 [B/AB] Singles Ballroom	6
7	8 8:00 - 9:30 [AB/I] Heels, Floor & Tricks with Shannon	9 6:00 [B/AB] Contemporary 7:15 [B] Heels 8:30 [B/AB] Sneakers	10 6:00 [B/AB] Jazz 7:15 [AB] Heels 8:30 [AB/I] Jazz Funk	11 6:00 [O] Tap 7:15 [I] Heels 8:30 [AB/I] Hip Hop	12 7:00 [B/AB] Couples Ballroom 8:15 [B/AB] Singles Ballroom	13
14	15 8:00 - 9:30 [AB/I] Heels & Hair-ography with Leanne	16 6:00 [B/AB] Contemporary 7:15 [B] Heels 8:30 [B/AB] Sneakers	17 6:00 [B/AB] Jazz 7:15 [AB] Heels 8:30 [AB/I] Jazz Funk	18 6:00 [O] Tap 7:15 [I] Heels 8:30 [AB/I] Hip Hop	19 7:00 [B/AB] Couples Ballroom 8:15 [B/AB] Singles Ballroom	20
21	22 8:00 - 9:30 [AB/I] "Pony" Heels with Alyssa	23 6:00 [B/AB] Contemporary 7:15 [B] Heels 8:30 [B/AB] Sneakers	24 6:00 [B/AB] Jazz 7:15 [AB] Heels 8:30 [AB/I] Jazz Funk	25 6:00 [O] Tap 7:15 [I] Heels 8:30 [AB/I] Hip Hop	26 7:00 [B/AB] Couples Ballroom 8:15 [B/AB] Singles Ballroom	27
28	29 FALL PROMO NIGHT - TBD	30 FALL PROMO NIGHT - TBD	31 FALL PROMO NIGHT - TBD			

4 WEEK PROGRESSIVE PROGRAMS/DROP INS

WORKSHOPS

LEVELS

O = OPEN LEVEL OR ALL LEVELS
 B = BEGINNER
 AB = ADVANCED BEGINNER
 I = INTERMEDIATE
 AI = ADVANCED INTERMEDIATE
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SEPTEMBER 2022

SUN	MON	TUES	WEDS	THURS	FRI	SAT
				1 FALL PROMO NIGHT - TBD	2	3
4	5	6 FALL PROMO NIGHT - TBD	7 FALL PROMO NIGHT - TBD	8 FALL PROMO NIGHT - TBD	9 FALL PROMO NIGHT - TBD	10 9:00 AM O Body Love Workout Class
11	12 6:30 AB Contemp	13 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	14 7:00 AB Heels (2) 8:30 AB Jazz Funk	15 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	16 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	17 9:00 AM O Body Love Workout Class
18	19 6:30 AB Contemp	20 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	21 7:00 AB Heels (2) 8:30 AB Jazz Funk	22 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	23 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	24 9:00 AM O Body Love Workout Class
25	26 6:30 AB Contemp	27 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	28 7:00 AB Heels (2) 8:30 AB Jazz Funk	29 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	30 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	1 9:00 AM O Body Love Workout Class

8 WEEK PROGRESSIVE PROGRAMS / DROP INS

9 WEEK SHOW TRAINING SESSION

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OCTOBER 2022

SUN	MON	TUES	WEDS	THURS	FRI	SAT
2	3 6:30 AB Contemp	4 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	5 7:00 AB Heels (2) 8:30 AB Jazz Funk	6 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	7 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	8
9	10 <i>No Classes on Thanksgiving</i>	11 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	12 7:00 AB Heels (2) 8:30 AB Jazz Funk	13 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	14 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	15 9:00 AM O Body Love Workout Class
16	17 6:30 AB Contemp	18 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	19 7:00 AB Heels (2) 8:30 AB Jazz Funk	20 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	21 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	22 9:00 AM O Body Love Workout Class
23	24 6:30 AB Contemp	25 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	26 7:00 AB Heels (2) 8:30 AB Jazz Funk	27 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	28 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	29 9:00 AM O Body Love Workout Class
30	31 6:30 AB Contemp					

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NOVEMBER 2022

SUN	MON	TUES	WEDS	THURS	FRI	SAT
		1 6:00 O Ballet 7:00 AB Heels (1) 8:30 AI Heels	2 7:00 AB Heels (2) 8:30 AB Jazz Funk	3 6:00 B/AB Heels 7:00 I Heels 8:30 I Hip Hop	4 6:30 B Hip Hop 7:30 B Heels 8:30 AB Jazz	5 9:00 AM O Body Love Workout Class
6	7 6:30 AB Contemp	8 FILMING 7:00 - 10:00 PM AB HEELS (1)	9 FILMING 7:00 - 10:00 PM AB HEELS (2)	10 FILMING 7:00 - 10:00 PM I HEELS	11 FILMING 6:30 - 8:30 PM B HIP HOP 8:30 - 10:30 PM B HEELS	12
13	14 FILMING 7:00 - 10:00 PM AB CONTEMP	15 FILMING 6:00 - 10:00 PM AI HEELS	16 FILMING 7:00 - 10:00 PM AB JAZZ FUNK	17 FILMING 7:00 - 10:00 PM I HIP HOP	18 FILMING 7:00 - 10:00 PM AB JAZZ	19
20	21	22	23	24	25	26
27	28 6:00 [O] Movement & Freestyle 7:00 [B/AB] Contemporary	29 6:00 [O] Ballet 7:00 [B] Heels 8:00 [B/AB] Sneakers	30 7:00 [AB] Heels 8:00 [B/AB] Jazz 9:00 [AB/IN] Jazz Funk			

4 WEEK PROGRESSIVE PROGRAMS / DROP INS

8 WEEK PROGRESSIVE PROGRAMS / DROP INS

9 WEEK SHOW TRAINING SESSION

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DECEMBER 2022

SUN	MON	TUES	WEDS	THURS	FRI	SAT
				1 7:00 [I] Heels 8:00 [O] Tap 9:00 [AB/IN] Hip Hop	2 CHRISTMAS WORKSHOPS TBD	3
4	5 6:00 [O] Movement & Freestyle 7:00 [B/AB] Contemporary	6 6:00 [O] Ballet 7:00 [B] Heels 8:00 [B/AB] Sneakers	7 7:00 [AB] Heels 8:00 [B/AB] Jazz 9:00 [AB/IN] Jazz Funk	8 7:00 [I] Heels 8:00 [O] Tap 9:00 [AB/IN] Hip Hop	9 HEARTBREAK HOTEL PREVIEW PARTY FOR PERFORMERS	10 HEARTBREAK HOTEL LIVE STREAM
11	12 6:00 [O] Movement & Freestyle 7:00 [B/AB] Contemporary	13 6:00 [O] Ballet 7:00 [B] Heels 8:00 [B/AB] Sneakers	14 7:00 [AB] Heels 8:00 [B/AB] Jazz 9:00 [AB/IN] Jazz Funk	15 7:00 [I] Heels 8:00 [O] Tap 9:00 [AB/IN] Hip Hop	16 CHRISTMAS WORKSHOPS TBD	17
18	19 6:00 [O] Movement & Freestyle 7:00 [B/AB] Contemporary	20 6:00 [O] Ballet 7:00 [B] Heels 8:00 [B/AB] Sneakers	21 7:00 [AB] Heels 8:00 [B/AB] Jazz 9:00 [AB/IN] Jazz Funk	22 7:00 [I] Heels 8:00 [O] Tap 9:00 [AB/IN] Hip Hop	23	24
25	26	27	28	29	30	31

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