

Tues July 7th	Studio A - Int/Adv	Studio D - Beg/Int	Wed July 8th	Studio A	Studio D	Thurs July 9th	Studio A - Int/Adv	Studio D - Beg/Int
5:00	Warm up and exercises for Pirouettes.	Exercises and Technique for pirouettes turns	5:15	Ballet for leaps- Int/Adv		5:00	Technique and Exercises for Leaps-	Technique and Exercises for Leaps
5:30	Pirouette Class	Pirouette Class	5:45	Pointe	Tumbling-handstands, cartwheels, back bends	5:30	Leap Class-Side Jetes and Capezios	Leap Class-Split leaps and Capezio Leaps
6:00	Lyrical	Hip Hop	6:15	Ballet for leaps- Beg/Int	Walkover and ariel class	6:00	Jazz	How to pick up choreography quickly
6:30	Hip Hop	Lyrical	6:45		back tuck, front ariel, row of back handsprings.	6:30	Lyrical	Jazz
			7:15		Open Studio for Tumbling. This is not included in punch cards or passes. \$5 cash at the door.	7:00		Open Studio for Dance- This is not included in punch cards or passes. \$5 cash at the door.
Tues July 14th	Studio A - Int/Adv	Studio D - Beg/Int	Wed July 15th	Studio A	Studio D	Thurs July 16th	Studio A - Int/Adv	Studio D - Beg/Int
5:00	Contemp	Legs Class-Battements and extensions.	5:15	Ballet for alignment - Int/Adv		5:00	Exercises and technique for turns in 2nd	Exercises and Technique for pirouettes and other turns
5:30	Side Jete and Switch Leaps	Contemporary	5:45	Pointe	Tumbling-handstands, cartwheels, back bends	5:30	Turns in 2nd Class. The dancer has learned them but needs to perfect the technique	Pirouette Class
6:00	540 Leaps	Hip Hop	6:15	Ballet for alignment Beg/Int	Walkover and ariel class	6:00	Musical Theater	Legs Class-Battements and extensions
6:30	Hip Hop	Side Jete and tilt Leaps	6:45		Adv tricks-back tuck, front ariel, row of back handsprings	6:30	Legs Class-Battements and extensions	Musical Theater-Krissy
			7:15		Open Studio for Tumbling. This is not included in punch cards or passes. \$5 cash at the door.	7:15		Open Studio for Dance- This is not included in punch cards or passes. \$5 cash at the door.
Tuesday July 21st	Studio A - Int/Adv	Studio D - Beg/Int	Wed July 22nd	Studio A	Studio D	Thurs July 23rd	Studio A - Int/Adv	Studio D - Beg/Int
5:00	Jazz Funk	Leap Class-Attitudes, Chaine and prep attitude.	5:15	Ballet for feet. Great for extensions, tumbling, leaps, and turns. Int/Adv		5:00	Improv	Strength/Conditioning Class for Dancers
5:30	Dance Team-Pom	Jazz Funk	5:45	Pointe	Tumbling-handstands, cartwheels, back bends	5:30	Pirouettes	Pirouettes

6:00	Dance Team-Turns	Hip Hop	6:15	Ballet for feet. Great for extensions, tumbling, leaps and turns. Beg/Int	Walkover and ariel class	6:00	Turns in 2nd Class. The dancer has learned them but needs to perfect the technique	Lyrical
6:30	Jazz Funk	Choreography Class- Open	6:45		Adv tricks-back tuck, front ariel, row of back handsprings	6:30	Lyrical	Improv
			7:15		Open Studio for Tumbling. This is not included in punch cards or passes. \$5 cash at the door.	7:15		Open Studio for Dance- This is not included in punch cards or passes. \$5 cash at the door.
<b>Tuesday July 28th</b>	<b>Studio A-Int/Adv</b>	<b>Studio D-Beg/Int</b>	<b>Wed July 29th</b>	<b>Studio A</b>	<b>Studio D</b>	<b>Thurs July 30th</b>	<b>Studio A - Int/Adv</b>	<b>Studio D-Beg/Int</b>
5:00	Abs and Flexibility Class	Teacher's Choice	5:15	Ballet for lines. Making the most from our arms and legs. Int/Adv		5:00	Technique/ Exercises for turns in 2nd	Technique/ Exercises for turns in 2nd
5:30	Dance Team - Kick	Abs and Flexibility Class	5:45	Pointe	Tumbling-handstands, cartwheels, back bends	5:30	Turns in 2nd - Advanced combinations	Turns in 2nd basics. You need to have a pirouette first.
6:00	Dance Team- Leaps and Jumps	Hip Hop	6:15	Ballet for lines- working on making the most from our arms and legs. Beg/Int	Walkover and ariel class	6:00	Advanced Leap Class	Choreography Class- Open
6:30	Hip Hop	Leap Class- Attitudes, Chaine and prep attitude.	6:45		Adv tricks-back tuck, front ariel, row of back handsprings	6:30	Teacher's Choice Choreography	Musical Theater
			7:15		Open Studio for Tumbling. This is not included in punch cards or passes. \$5 cash at the door.	7:15		Open Studio for Dance- This is not included in punch cards or passes. \$5 cash at the door.