

Fall Dance Schedule

September 12th to December 11th 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kinder Creative Dance 4:15-4:45	Junior Jazz 4:15-5:00	Adult Tap 3:15-4:00	Junior Ballet 4:15-5:15	Mini/Jr. Acro 4:15-5:00	Parent & Tot Dance 9:15-9:45
Mini Ballet <i>Level 2</i> 4:45-5:30	Junior Tap 5:00-5:45	Mini Hip Hop 4:15-4:45	Intermediate Ballet 5:15-6:30	Junior Hip Hop 5:00-5:45	Kinder Creative Dance 9:45-10:15
Mini Jazz 5:30-6:00	Senior Ballet 5:45-6:30	Mini Tap 4:45-5:15	Comp Team Rehearsal 6:30-7:00	Int./Sr. Acro 5:45-6:30	Mini Ballet <i>Level 1</i> 10:15-10:45
Intermediate Jazz 6:00-6:45	Senior Jazz 6:30-7:15	Int./Sen. Tap 5:15-6:00	Senior Ballet 7:00-8:30	Int./Sr. Hip Hop 6:30-7:15	Jr./Int./Sen. Musical Theatre 10:45-11:30
Int./Sen. Lyrical/Contemporary 6:45-7:30	Comp Team Rehearsal 7:30-8:15pm	Intermediate Ballet 6:00-6:45	Pointe <i>(invitation only)</i> 8:30-9:00	Comp Team Rehearsal 7:15-8:45pm	Mini/Junior Ballet <i>Level 2</i> 11:45-12:30
Comp Team Rehearsal 7:30-8:45pm	Adult Jazz 8:00-8:45	Comp Team Rehearsal 6:45-8:45pm			Mini/Jr. Stretch & Strength 12:30-1:15
					Comp Team Rehearsal 1:15-2:45
					Int./Sr. Stretch & Strength 2:45-3:30
					Comp Team Rehearsal 3:30-6:00

Fall Gymnastics Schedule

September 12th to December 11th 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Parent & Tot 9:30-10:15	Parent & Tot 9:30-10:15 10:15-11:00 11:00-11:45	Parent & Tot 9:30-10:15 10:15-11:00 11:00-11:45		Parent & Tot 9:00-9:45 9:45-10:30
	Jr. Kindergym 9:30-10:15	Jr. Kindergym 9:30-10:15 10:15-11:00 11:00-11:45	Jr. Kindergym 9:30-10:15 10:15-11:00 11:00-11:45		Jr. Kindergym 9:00-9:45 9:45-10:30
	Drop-in Play 10:30-11:30				Advanced Kindergym <i>(invitation only)</i> 9:15-10:45
Kindergym 4:45-5:45	Kindergym 4:00-5:00 5:00-6:00	Jr. Girls Rec 4:00-5:30	Parent & Tot 4:15-5:00 5:00-5:45	Jr. Girls Rec 4:00-5:30 5:30-7:00	Kindergym 10:30-11:30 11:30-12:30
Jr. Girls Rec 6:00-7:30	Jr. Kindergym 5:00-5:45	Advanced Jr. Girls Rec <i>(invitation only)</i> 4:30-6:30	Jr. Kindergym 5:00-5:45		Advanced Jr./Sr. Girls Rec <i>(invitation only)</i> 10:45-12:45
Advanced Jr. Girls Rec <i>(invitation only)</i> 4:30-6:30	Sr. Girls Rec 6:15-7:45	Sr. Girls Rec 5:30-7:00	Kindergym 4:00-5:00 5:00-6:00		Jr. Girls Rec 12:45-2:15
Advanced Sr. Girls Rec <i>(invitation only)</i> 6:30-8:30	Advanced Kindergym <i>(invitation only)</i> 4:45-6:15	Advanced Sr. Girls Rec <i>(invitation only)</i> 6:30-8:30	Sr. Girls Rec 6:00-7:30		Boys Rec 1:30-3:00
	Advanced Jr./Sr. Girls Rec <i>(invitation only)</i> 6:30-8:30		Advanced Jr./Sr. Girls Rec <i>(invitation only)</i> 6:30-8:30		

Fall Karate Schedule

September 12th to December 11th 2026



WEDNESDAY	THURSDAY	FRIDAY
Cardio Kickboxing <i>(Adults 16+)</i> 3:10-3:50		Cardio Kickboxing <i>(Adults 16+)</i> 3:10-3:50
Kinder Karate 4:00-4:30 4:30-5:00	Beginner Weapons <i>(yellow belts & up)</i> 4:30-5:00	Advanced Weapons <i>(invitation only)</i> 4:00-4:30
Karate White Belts 5:00-5:45	Karate Yellow Belts 5:00-5:45	Intermediate Weapons <i>(invitation only)</i> 4:30-5:00
Karate Yellow Belts 5:45-6:30	Karate Orange & Purple Belts 5:45-6:30	Bag Work <i>(yellow belts & up)</i> 5:00-5:30
Karate Orange & Purple Belts 6:30-7:15	Advanced Sparring <i>(invitation only)</i> 6:30-7:00	Karate White Belts 5:30-6:15
Karate Blue & Up Belts 7:15-8:00	Karate Blue & Up Belts 7:00-7:45	Beginner Sparring <i>(yellow belts & up)</i> 6:15-6:45
Karate Teen & Adult 8:15-9:00		Novice Tournament Team <i>(invitation only)</i> 6:45-7:15
Adult Sparring/Bag Work 9:00-9:30		Advanced Tournament Team <i>(invitation only)</i> 7:15-7:45

Fall Ninja Schedule

September 12th to December 11th 2026



MONDAY	TUESDAY	SATURDAY
	Homeschool Ninja 9:30-10:30	Kinder Ninja 9:00-9:30
	Open Gym (5+) 10:30-11:30	Junior Ninja 9:45-10:30
Junior Ninja 4:00-4:45 4:45-5:30 5:30-6:15	Kinder Ninja 4:00-4:30 4:30-5:00 5:00-5:30	Advanced Intermediate Ninja (invitation only) 10:30-11:30
Intermediate Ninja 6:30-7:30	Junior Ninja 5:45-6:30	Ninja Competition Team (invitation only) 11:30-12:00
Senior Ninja 7:30-8:30	Intermediate Ninja 6:30-7:30 7:30-8:30	Advanced Senior Ninja (invitation only) 12:00-1:00
		Junior Ninja 1:00-1:45
		Intermediate Ninja 1:45-2:45