

## Heart and Sole Dance Academy Class Schedule September 3rd, 2024-June 6th, 2025

Day	Time	Studio A		Studio B		Studio C
<b>Monday</b>	4:00-4:45	Mini Tumble	4:00-5:00	#19, #7		
	4:45-5:30	Mini Combo	5:00-5:45	Jazz & LJT 1/2		
	5:30-6:15	Twinkle Toes	5:45-6:15	Hip Hop 1/2		
	6:15-7:00	Lil Hoppers	6:15-6:45	Ballet 1/2		
	7:00-7:45	Teen Ballet/ Contemp	6:45-7:15	#20	6:45-7:15	#33
				2:30-3:15	Baby Combo	2:30-3:15
<b>Tuesday</b>	3:00-4:00	#23, 24	3:30-4:00	Pointe		
	4:00-4:45	Jazz 2/3&3	4:00-4:45	Ballet 4		
	4:45-5:30	CC 3 & 4	4:45-5:30	Ballet 2/3	4:45-5:30	Tiny Tappers
	5:30-6:15	Jazz 4	5:30-6:15	Ballet 3	5:30-6:15	Tap 2/3
	6:15-7:00	CC 2/3	6:15-7:15	#8, 21	6:15-6:45	
	7:00-8:00	#29, 26	7:15-8:15	#13, 27		
<b>Wednesday</b>	3:30-4:00	#25	3:15-4:15	#31, 30		
	4:00-4:45	Musical Theater	4:15-4:45	#12		
	4:45-5:30	LJT 2/3	4:45-5:30	LJT 3 & 4	4:45-5:30	BBoy
	5:30-6:00	Hip Hop 3 & 4	5:30-6:00	#16	5:30-6:15	Ballet 1
	6:00-6:30	Hip Hop 2/3	6:00-6:30	#10		
	6:30-7:00	Flex 2/3	6:30-7:00	#4		
	7:00-7:45	Workout	7:00-8:00	#2, 15		
<b>Thursday</b>	3:45-4:15	#32	4:00-4:30	Flex 4		
	4:15-4:45	Flex 3	4:30-5:00	#9		
	5:00-6:00	#5, 18	5:00-6:00	#3, 11		
	6:00-6:30	#17	6:00-6:30	#6	6:00-6:30	Flex 1/2
	6:30-7:15	Lyrical 1/2	6:30-7:00	#1 JET	7:00-7:30	#34
	7:15-8:15	#14, 28	7:00-7:45	Team Tumble	7:45-8:15	#22
<b>Friday</b>	3:00-7:00	Solos	6:30-7:30	Adult		

Jenny Buck	Erika Montoya	Trey Anderson	Blanca Nelson
Emma Hinckley	Alex Kaskie	Gian Lopez	Christy White

## Class Description and Ages

<b>Class</b>	<b>Style and Description</b>	<b>Level/ Age</b>
<b>Twinkle Toes</b>	Intro to Ballet and Jazz	Beginner, ages 3-5
<b>Lil Hoppers</b>	Into to Hip Hop	Beginner, ages 3-5
<b>Baby Combo</b>	Into to Jazz and Tap	Beginner, ages 2-4
<b>Tiny Tappers</b>	Into to Tap	Beginner, ages 3-6
<b>Mini Tumble</b>	Working on Tumbling basics	Beginner/ Int 6-10
<b>Mini Combo</b>	Learning the basics of Jazz and Ballet	Beginner/ Int 6-10
<b>* Ballet 1/2</b>	Learning and reviewing Ballet basics	Competition team, ages 5-10
<b>* Ballet 2/3, 3,4</b>	* Audition Only	
<b>LJT=Leaps, Jumps, Turns</b>	Working on and learning a variety of leaps, jumps and turns in the style of Jazz and Contemporary	1/2= Beginner 2/3=Intermediate 3&4= Int/Advanced
<b>Jazz</b>	Learning Jazz technique as well as style and choreography	Jazz 1/2= Beginner Jazz 2/3= Intermediate Jazz 3= Int/ Adv Jazz 4= Adv
<b>Lyrical 1/2</b>	A blend of Ballet and Jazz techniques and choreography	Beginner Level
<b>Hip Hop</b>	Learning a variety of styles in Hip Hop	Hip Hop 1/2= Beginner Hip Hop 2/3= Intermediate Hip Hop 3 & 4= Adv
<b>Flexibility</b>	Learning new stretches and strength training to help with flexibility	Flexibility 1/2= ages 5-9 Flexibility 2/3= ages 9-12 Flexibility 3 & 4= ages 12 +
<b>Musical Theater</b>	A mix of theatrical performance that combines songs, dialogue and dancing	All levels and ages welcome
<b>Team Tumbling</b>	Training for competition team only	*Competition team
<b>#/ CC</b>	Rehearsals or Company Class for competition team	*Competition team

