

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

Day	Time	Studio A	Time	Studio B	Time	Studio C	
Monday	4:00-4:45	Mini Tumble	4:00-5:00	#19, #7			
	4:45-5:30	Mini Combo	5:00-5:30	Jazz & LJT 1/2			
	5:30-6:15	Twinkle Toes	5:30-6:00	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	
	3:00-4:00	Solos	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	#30	
	7:00-8:00	#29,26	7:15-8:15	#13, 27			
	Wednesday	3:30-4:00	#25	2:45-4:15	#24,31,23		
		4:00-4:45	Musical Theater	4:15-4:45	#12		
4:45-5:45		LJT 2/3	4:45-5:45	LJT 3 & 4	4:45-5:30	BBoy	
5:45-6:15		Hip Hop 3 & 4	5:45-6:15	#16	5:45-6:30	Ballet 1	
6:15-6:45		Hip Hop 2/3	6:15-6:45	#10			
6:45-7:15		Flex 2/3	6:45-7:15	#4			
7:15-7:45		Workout	7:15-8:15	#2,15			
Thursday	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	
Friday	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
Gian Lopez	Marla Richardson	Cindy Hunt	

Class Description and Ages

Class	Style and Description	Level/ Age
Twinkle Toes	Intro to Ballet and Jazz	Beginner, ages 3-5
Lil Hoppers	Into to Hip Hop	Beginner, ages 4-8
Baby Combo	Into to Jazz and Tap	Beginner, ages 2-4
Tiny Tappers Tiny Tumblers	Intro to Tap Intro to Tumbling	Beginner, ages 3-6
Mini Tumble	Working on Tumbling basics	Beginner/ Int 6-10
Mini Combo	Learning the basics of Jazz and Ballet	Beginner/ Int 6-10
* Ballet 1/2	Learning and reviewing Ballet basics	Competition team, ages 5-10
* Ballet 2/3, 3,4	* Audition Only	
LJT=Leaps, Jumps, Turns	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
Jazz	Learning Jazz technique as well as style and choreography	Jazz 1/2= Beginner Jazz 2/3= Intermediate Jazz 3= Int/ Adv Jazz 4= Adv
Lyrical 1/2	A blend of Ballet and Jazz techniques and choreography	Beginner Level
Hip Hop	Learning a variety of styles in Hip Hop	Hip Hop 1/2= Beginner Hip Hop 2/3= Intermediate Hip Hop 3 & 4= Adv
Flexibility	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 +
Musical Theater	A mix of theatrical performance that combines songs, dialogue and dancing	All levels and ages welcome
Team Tumbling	Training for competition team only	*Competition team
#/ GC	Rehearsals or Company Class for competition team	*Competition team