

Heart and Sole Dance Academy Class Schedule

September 2nd 2025-June 5th 2026

Day	Time	Studio A	Time	Studio B	Time	Studio C
Monday	3:00-4:00	Solos	3:15-4:00	Ballet A & B		
	4:00-4:45	#7, 18	4:00-4:45	Teen Contemp		
	4:45-5:30	Twinkle Toes	4:45-5:30	Hip Hop C		
	5:30-6:15	Lil Hoppers	5:30-6:15	Jazz C/LJT		
			6:15-7:00	Teen Jazz		
Tuesday	2:45-4:15	Solos, #24	3:15-4:00	Pointe		
	4:15-5:00	Solos	4:00-4:45	Ballet A	4:15-4:45	Musical Theater
	5:00-5:30	#10	4:45-5:30	Ballet B	4:45-5:30	Bboy
	5:30-6:30	#26, 27	5:30-6:30	#12, 8	5:45-6:30	Beg Tap
	6:30-7:30	#21,16	6:30-7:30	#13, 20	6:30-7:00	Flex/Co A
	7:30-8:15	#23, solo	7:30-8:15	Tumbling		
Wednesday	2:30-3:45	Solos, 22	3:45-4:15	#3		
	4:15-5:00		4:15-5:00	CC A&B		
	5:00-5:30	Jazz B	5:00-5:30	Jazz A		
	5:30-6:00	Flex/Co B	5:30-6:00	#4		
	6:00-6:15	Solo	6:00-7:00	Solo, #1		
	7:00-8:30	#5, #17 Solos	7:00-8:00	#11, Solos		
Thursday	3:30-4:00	#29	2:30-4:00	Solos, 28,19		
	4:00-4:45	Ballet C	4:00-4:45	#2	4:15-4:45	Int Tap
	4:45-5:30	Tap A & B	4:45-5:30	LJT A & B	4:45-5:15	Flex/Co C
	5:30-6:15	Hip Hop B	5:30-6:30	#6, 9	5:30-6:00	#15
	6:30-7:30	# 14,25	6:30-7:15	Hip Hop A	6:00-6:30	#31
			7:15-8:00	Solos	6:30-7:15	Mini Combo
Friday			6:30-7:30	Adult Jazz		
Jenny Buck		Erika Montoya		Blanca Nelson		Christy White
Emma Hinckley		Alex Kaskie		Gian Lopez		Tiana Griffin
Juliette Hughes		Assist: Haylee Mcvay		Assist: Rylee Eaton		

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 Tappers	Learning the basics of Tap	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
#/ CC	Rehearsals or Company Class for competition team	* Competition team

