



11:30 - 12:30
Adult Dance Fitness.

10:30 - 11:30. Yoga for Seniors.
12:00 - 1:00 - Hatha Flow Yoga

Carleton Place. *
Fall Classes 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio A	Studio B
5:00 - 5:45. KinderSteps Ages 3 & 4	5:00 - 6:00. Ballet. Pre-Junior/ Junior. Competitive	5:00 - 6:00. Hip Hop. Pre- Junior/Junior Crew	5:00 - 6:30. Mini Competitive	5:00 - 7:00 Junior Competitive	5:00 - 7:30. Intermediate Senior Competitive	4:45 - 5:00. Small Fry Tap	5:00 - 6:00. Small Fry. Jazz/Tap	5:00 - 6:00. Power, Agility & Strength	9:00 - 9:30. Parent & Tot	9:00 - 9:45. KinderSteps. Ages 3 & 4
5:45 - 6:00. KinderTap		6:00 - 7:00 Dance Fusion Teen. Pre-Teen				6:00 - 7:00. Tap Junior			6:00 - 7:00. Acro. Level 1/2	
6:00 - 7:00 Pre-Junior/. Junior. Jump & Turn	6:00 - 7:00. Ballet Level 1/2	7:00 - 8:00. Hip Hop Inter/Senior. Comp Level	6:30 - 8:00 Pre-Junior. Competitive	7:00 - 8:00. Junior Jazz	7:30 - 8:30 Intermediate. Senior. Ballet	7:00 - 8:00 Acro Level 3/4	7:00 - 8:00. Junior. Dance Fusion	7:00 - 8:00. Inter/Senior Jump & Turn	10:00 - 10:45. KinderSteps. Age 3	10:00 - 11:00. Ballet.
7:00 - 8:00. Acro. Junior Level 1/2	7:00 - 9:00. Intermediate/ Senior. Competitive	8:00 - 9:00. Adult/Teen Hip Hop	8:00 - 9:00. Adult Tap. Beginner	8:00 - 9:00. Adult. Broadway		8:00 - 9:00 Lyrical Contemporary	8:00 - 9:00. Adult Tap. Experience d	8:00 - 9:00. Adult. Ballet	10:45 - 11:00. Kinder Tap	11:00 - 12:00. Small Fry. Dance Fusion. Ages 5 & 6
FALL CLASSES BEGIN SEPTEMBER 14, 2024									12:00 - 12:30. Small Fry Tap. Ages 5 & 6	11:45 - 12:30 Competitive. Choreography
									12:30 - 2:00. Pre-Junior. Competitive	12:30 - 1:30 Small Fry. Jazz/Acro
									2:00 - 4:00 Junior Competitive	1:30 - 2:15 Recreational Choreo
										2:15 - 3:45 Mini Comp

Version: Sep 21, 2024

