

# NEW class **Stretch FLEX**

A stretch, mobility & strength class for young dancers with bands, balls and fun props!



# Class Schedule

# 2024-25

Classes start: Aug. 12, 2024

Spring Concert: May 24, 2025

Tennessee Theatre

## Monday

Studio A	JR	Studio B	JR	Studio C	JR	Warehouse	JR
3:00-3:30 Ballet Age 3 A	0.1						
3:30-4:30 Ballet I A	1.1	3:45-4:30 Ballet Age 5 A	0.6	3:30-4:30 Ballet Age 6,7 A	0.9		
4:30-5:30 Ballet II A	2.1	4:30-5:30 Tap I	1.3	4:30-5:15 Tap Age 6,7	010	4:15-5:30 Ballet IV	4.1
5:30-6:30 Modern II A	2.2	5:30-6:30 Ballet Age 7	015	5:15-6:30 Ballet V	5.1	5:30-6:45 Jazz I	4.3
6:30-8:00 Ballet Adv	9.1	6:30-8:00 Jazz Int 2	8.3	6:45-8:00 Jazz II	5.4	6:45-8:00 Ballet Int 1	7.1
8:00-9:30 Modern Adv	9.2	8:00-9:30 Ballet Int 2	8.1			8:00-9:15 Jazz Int 1	7.3

## Tuesday

Studio A	JR	Studio B	JR	Studio C	JR	Warehouse	JR
3:00-3:30 Ballet Age 3 B	0.2						
3:30-4:15 Ballet Age 4 A	0.3	3:30-4:15 Ballet Age 5 B	0.7				
4:15-5:15 Ballet II B	2.4	4:15-5:15 Modern Age 7,8	016	4:00-5:00 Ballet Age 6,7 B	011	4:00-5:15 Ballet III	3.1
5:15-6:15 Modern II B	2.5	5:15-6:15 Ballet I B	1.2	5:15-6:15 Tap V	5.5	5:15-6:30 Modern III	3.2
6:15-7:45 Ballet VI	6.1	6:15-7:45 Ballet Adv	9.1	6:15-7:30 Ballet V	5.1	6:30-7:45 Horton Int 1/2	7.5
7:45-9:00 Modern VI A	6.3	7:45-9:00 Horton Adv	9.4	7:45-9:00 Modern VI B	6.4	7:45-9:15 Ballet Int 1/2	7.1/8.1

## Wednesday

Studio A	JR	Studio B	JR	Studio C	JR	Warehouse	JR
3:30-4:15 Ballet Age 4 B	0.4	3:45-4:45 Modern Age 6,7	014	3:45-4:45 Modern I B	1.5		
4:15-5:30 Modern IV	4.2	4:45-5:30 Tap Age 6,7,8	012	4:45-5:30 Ballet Age 5 C	0.8	4:15-5:30 Tap Int 2/Adv	8.4
5:30-6:45 Ballet IV	4.1	5:30-6:30 Modern I A	1.4	5:30-6:30 Ballet Age 6,7 C	013	5:30-6:45 Tap VI	7.4
		6:30-7:30 Tap Int 1	7.4			6:45-8:00 Ballet VI, Pointe II	6.2

## Thursday

Studio A	JR	Studio B	JR	Studio C	JR	Warehouse	JR
3:15-4:00 Ballet Age 4 C	0.5						
4:00-5:00 Ballet II B	2.4	4:00-5:00 Tap III	3.3	4:00-5:00 Ballet II A	2.1	4:15-5:30 Modern V	5.3
5:00-6:00 Ballet III	3.1	5:00-6:00 Tap II	2.3	5:00-6:15 Ballet VI	6.1	5:30-6:30 Ballet V, Pointe I	5.2
6:00-7:30 Ballet Adv	9.1	6:00-7:30 Modern Int 2	8.2	6:15-7:30 Jazz III	6.5	6:30-7:45 Ballet Int 1	7.1
7:30-9:00 Jazz Adv	9.3	7:30-9:00 Ballet Int 2	8.1			7:45-9:00 Modern Int 1	7.2

## Friday

Studio A	JR	Studio B	JR
4:00-4:45 StretchFlex Ages 8-11	1.5	4:00-4:45 StretchFlex Ages 12+	4.5
		4:45-5:45 Tap IV	4.4

### CONTACT US!

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### FIND US ONLINE!

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