

# September Schedule

Updated 8/27/26

| Sunday              |                                    | 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 B                  | Studio A                       | Studio B                    | Studio A                         | Studio B                      |
|                     |                                    |                       |                       |          |                           |                      |                               |                             |                           |                                |                             | Hip Hop Cardio (8:30a)           |                               |
|                     | Scottish Highland Dancing (10:00a) |                       |                       |          | Barre (9:30a)             | SHINE (9:30a)        |                               |                             | Pilates + Barre (9:30a)   | SHINE (9:15a)                  |                             | Zumba (9:35a)                    | Cardio & Strength (9:30a)     |
| Hip Hop I (11:00a)  |                                    |                       | Ballet III (10:30a)   |          | Rizzmic (10:30a)          |                      |                               | Tap I (10:45a)              |                           |                                |                             | Tap I/II (10:45a)                | Jazz I (10:45a)               |
| Hip Hop II (12:00p) | Intro to Ballet (11:30a)           | 1980s Cardio (11:00a) |                       |          |                           | Mat Pilates (11:00a) | Barre (11:00a)                | Tap II (11:45a)             |                           | Tap technique (11:00a)         | Ballet III (10:30a)         | Theater Tap II (11:45a)          | Ballet 1 (11:45a)             |
|                     | Ballet I (1:00p)                   |                       | Jazz I/II (12:15p)    |          |                           | Tap I/II (12:15p)    |                               | Line Dancing I (12:00pm)    |                           | Tap II/III (12:15p)            | Stretch & Mobility (12:15p) |                                  | Ballet II (1:00p)             |
|                     |                                    |                       | Ballet I/II (1:15p)   |          |                           |                      |                               | Line Dancing II (1:15pm)    |                           |                                | Ballet I/II (1:15p)         |                                  | Ballet I / Pre-Pointe (2:30p) |
|                     |                                    |                       |                       |          |                           |                      |                               |                             |                           |                                |                             |                                  |                               |
|                     |                                    | Tap I (4:45p)         |                       |          |                           |                      |                               |                             |                           |                                |                             |                                  |                               |
|                     |                                    | Tap I/II (5:45p)      | Ballet II (5:30p)     |          | Tap II (5:00p)            | Ballet I/II (4:45p)  | Intro to Contemporary (5:00p) | Ballet I (5:00p)            | SHINE Fitness (5:15p)     | Contemporary I/II (5:30p)      |                             |                                  |                               |
|                     |                                    | Tap III (6:45p)       | Ballet II/III (6:45p) |          | Hip Hop Cardio (6:00p)    | Ballet III (5:45p)   | Jazz II/III (6:00p)           | Barre (6:15p)               | Hip Hop I (6:30p)         | Contemporary III/IV (6:30p)    |                             | Intro to Salsa & Bachata (6:25p) |                               |
|                     |                                    | K-Pop I (7:45p)       |                       |          | Intro to Tap (7:00p)      |                      | Tap II/III (7:15p)            | Intro to Salsa (7:15p)      | Hip Hop III (7:30p)       | Contemporary Rehearsal (7:30p) |                             | Intro to Hip Hop (7:30p)         |                               |
|                     |                                    |                       | Ballet I (8:00p)      |          | Tap IV (8:00p)            |                      | Tap Rehearsal (8:15p)         | Salsa Level II (8:15p)      | Hip Hop Rehearsal (8:30p) | Pop Culture Choreo (8:30p)     |                             | Hip Hop I (8:30p)                |                               |
|                     |                                    |                       |                       |          | Lyrical Rehearsal (8:15p) |                      |                               |                             |                           |                                |                             |                                  |                               |
|                     |                                    |                       |                       |          |                           |                      |                               |                             |                           |                                |                             |                                  |                               |
|                     |                                    |                       |                       |          |                           |                      | Series based enrollment       | Mix & Match Drop-in Classes | Rehearsals                | New Class                      |                             |                                  |                               |