

SCHEDULE 2025/2026

Studio 1

Studio 2

Monday

3:45pm-4:30pm	6-12yrs ACRO BEG.		
4:30pm-5:15pm	11-16yrs HIP HOP	4:00pm-4:45pm	5-8yrs TAP
5:15pm-6:15pm	FLOW A LYRICAL CO.	4:45pm-5:30pm	8-12yrs TAP
6:15pm-7:15pm	FLOW A JAZZ CO.	5:30pm-6:30pm	MINI FLOW HIP HOP CO.
7:15pm-8:15pm	FLOW B LYRICAL CO.	6:30pm-7:15pm	11-16yrs LYRICAL
8:15pm-9:15pm	FLOW B JAZZ CO.		

Tuesday

3:45pm-4:30pm	6-10yrs HIP HOP		
4:30pm-5:15pm	ADAPTIVE TEEN/ADULT		
5:15pm-6:45pm	FLOW A TECHNIQUE	5:00pm-5:30pm	4-6yrs HIP HOP
6:45pm - 8:15pm	FLOW B TECHNIQUE		
8:15pm-9:15pm	FLOW B HIP HOP CO.		

Wednesday

3:45pm-4:30pm	6-10yrs LYRICAL
4:30pm-5:15pm	6-10yrs JAZZ
5:15pm-6:15pm	FLOW ACRO CO.
6:15pm-7:15pm	FLOW A HIP HOP CO.
7:15pm-8:45pm	BALLET 6

Thursday

3:45pm-4:45pm	PRIVATES		
4:45pm-5:30pm	6-12yrs MUSICAL THEATRE		
5:30pm-7:00pm	BALLET 5		
7:00pm-8:00pm	FLOW A CONTEMPORARY CO.	7:00pm-7:45pm	ADULT HIP HOP
8:00pm-9:00pm		7:45pm-8:30pm	ADULT TAP

Friday

3:30pm-4:30pm	PRIVATES	4:00pm-4:30pm	PRIVATES - L & C
4:30pm-5:30pm	POINTE TECHNIQUE		
5:30pm-6:30pm	PRIVATES		

Saturday

10:00am-10:30am	TINY STARS BALLET 2.5-4yrs		
10:30am-11:00am	BALLET 1		
11:00am-11:45am	BALLET 2	11:00am-11:30am	4-6yrs HIP HOP
11:45am -12:45pm	BALLET 3		
12:45pm-1:45pm	MINI FLOW JAZZ CO.		