

# **BODY LANGUAGE STUDIO 2026 - 2027 CLASS SCHEDULE**

## **MONDAYS**

|                |                           |                |                               |                |                      |                |                       |
|----------------|---------------------------|----------------|-------------------------------|----------------|----------------------|----------------|-----------------------|
|                |                           | 4:00 - 4:45 PM | Intro. To Breaking            |                |                      | 4:15 - 5:00 PM | <i>Jr. Tap Select</i> |
| 4:40 - 5:25 PM | <i>Jr. Hip-Hop Select</i> | 4:45 - 5:25 PM | <i>Petite Breaking Select</i> | 4:30 - 5:25 PM | Beg. Breaking        | 5:00 - 5:30 PM | Tap Tricks*           |
| 5:30 - 6:25 PM | Int. Tap                  | 5:30 - 6:25 PM | Adv. Jazz                     | 5:30 - 6:25 PM | Beg/Int. Breaking II | 5:35 - 6:20 PM | <i>Rising Stars</i>   |
| 6:30 - 7:25 PM | Int. Hip-Hop              | 6:30 - 7:25 PM | Teen Breaking                 | 6:30 - 7:25 PM | Beg/Int. Hip-Hop     | 6:30 - 7:25 PM | Adv. Tap              |
|                |                           | 7:30 - 8:30 PM | Adv. Hip-Hop                  |                |                      |                |                       |

## **TUESDAYS**

|                |                   |                |                                |                |                            |  |  |
|----------------|-------------------|----------------|--------------------------------|----------------|----------------------------|--|--|
| 4:10 - 4:40 PM | Intro. To Ballet  | 4:00 - 4:40 PM | <i>Teen Contemporay Select</i> | 4:10 - 4:40 PM | Intro. To AcroDance        |  |  |
| 4:45 - 6:10 PM | Int. Ballet (Lab) | 4:45 - 5:40 PM | Adv. Contemporary/Lyrical      | 4:45 - 5:40 PM | Beg. Acro/Tumbling A       |  |  |
| 6:10 - 6:40 PM | Pointe Prep*      | 5:45 - 7:10 PM | Int/Adv. Ballet                | 5:45 - 6:40 PM | Beg. Acro/Tumbling B       |  |  |
| 6:45 - 7:40 PM | Beg. Ballet       | 7:15 - 8:15 PM | Pointe Skills*                 | 6:45 - 7:40 PM | Beg/Int. Hip-Hop           |  |  |
|                |                   |                |                                | 7:45 - 8:30 PM | <i>Teen Hip-Hop Select</i> |  |  |

## **WEDNESDAYS**

|                |                               |                |                       |                |                                           |  |  |
|----------------|-------------------------------|----------------|-----------------------|----------------|-------------------------------------------|--|--|
| 4:00 - 4:30 PM | Intro. To Hip-Hop             |                |                       | 4:00 - 4:30 PM | Little Breakers                           |  |  |
| 4:35 - 5:30 PM | Beg/Int. Ballet               | 4:15 - 5:10 PM | Beg. Hip-Hop          | 4:35 - 5:20 PM | Intro. To Breaking                        |  |  |
| 5:35 - 6:30 PM | Beg/Int. Contemporary/Lyrical | 5:35 - 6:20 PM | Cross-Training        | 5:25 - 6:20 PM | Beg/Int. Breaking                         |  |  |
| 6:35 - 7:30 PM | Int. Contemporary/Lyrical     | 6:25 - 7:50 PM | Int/Adv. Ballet (Lab) | 6:25 - 7:10 PM | Intro. to Battling & Tricks For Breaking* |  |  |
| 7:35 - 8:20 PM | <i>Teen Jazz Select</i>       | 7:55 - 8:40 PM | Pointe Foundations*   | 7:15 - 8:10 PM | Beg. Breaking Power Moves & Tricks*       |  |  |
|                |                               |                |                       | 8:15 - 9:10 PM | Int/Adv. Breaking Power Moves & Tricks*   |  |  |

## **THURSDAYS**

|                |                          |                |                              |                |                                             |                |               |
|----------------|--------------------------|----------------|------------------------------|----------------|---------------------------------------------|----------------|---------------|
| 4:25 - 4:55 PM | Creative Movement        | 4:00 - 4:55 PM | Int/Adv. Acro/Tumbling       | 4:10 - 4:55 PM | <i>Jr. Jazz Select</i>                      | 4:25 - 4:55 PM | Intro. To Tap |
| 5:00 - 5:55 PM | Beg/Int. Jazz            | 5:00 - 5:55 PM | Beg. Contemporary/Lyrical    | 5:15 - 6:10 PM | Int. Breaking                               | 5:00 - 5:55 PM | Beg. Tap      |
| 6:00 - 7:25 PM | Adv. Ballet              | 6:00 - 6:55 PM | Beg. Jazz                    | 6:10 - 6:55 PM | <i>Jr. Breaking Select</i>                  |                |               |
| 7:30 - 8:30 PM | <i>Teen/Adult Ballet</i> | 7:00 - 7:55 PM | Int. Jazz                    | 7:00 - 8:00 PM | Adv. Breaking                               |                |               |
|                |                          | 8:00 - 8:45 PM | Int/Adv. Turns/Leaps/Tricks* | 8:00 - 8:45 PM | <i>Body Rock Breaking Crew Breaking Duo</i> |                |               |
|                |                          | 8:45 - 9:30 PM | <i>Teen Open Select</i>      |                |                                             |                |               |

## **SATURDAYS**

|                  |                                |                     |                    |
|------------------|--------------------------------|---------------------|--------------------|
| 9:25 - 9:55 AM   | Intro. To AcroDance (ages 4-6) |                     |                    |
| 10:05 - 10:35 AM | Creative Movement              | 10:00 - 10:45 AM    | Intro. To Breaking |
| 10:45 - 11:30 AM | Intro. To Dance Sampler        | 10:50 AM - 11:45 AM | Beg. Breaking      |

*Last updated Sept. 10, 2026*

Classes for dancers ages 3 - 4

Classes for dancers ages 4 - 6

Classes for dancers ages 5 - 6

Classes for dancers ages 7+

Classes for dancers ages 11+

All other classes require teacher evaluation

Intro. = Introduction

Beg. = Beginning

Beg/Int. = Beginning/Intermediate

Int. = Intermediate

Int/Adv. = Intermediate/Advanced

Adv. = Advanced

*\*These classes require enrollment in designated companion classes.*