



Teen/Adult Program – Ages 14-Adult

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER/INTERMEDIATE BALLET Our adult classes are designed to promote an understanding of the technique and artistry of movement in ballet and modern dance while developing a strong and flexible body. Taught in a welcoming and non-competitive environment, our classes are for everyone, whether you are a beginner or returning dancer. Our faculty have years of experience and will make class adaptations for mixed levels.		7:00-8:30PM					
INTERMEDIATE/ADVANCED BALLET Our adult classes are designed to promote an understanding of the technique and artistry of movement in ballet and modern dance while developing a strong and flexible body. Taught in a welcoming and non-competitive environment, our classes are for everyone, whether you are a beginner or returning dancer. Our faculty have years of experience and will make class adaptations for mixed levels.		9:30-11:00AM		7:00-8:30PM	9:30-11:00AM		10:00-11:30AM
BALLET BARRE WORKOUT Our adult classes are designed to promote an understanding of the technique and artistry of movement in ballet and modern dance while developing a strong and flexible body. Taught in a welcoming and non-competitive environment, our classes are for everyone, whether you are a beginner or returning dancer. Our faculty have years of experience and will make class adaptations for mixed levels.			7:30-8:30PM				
ADULT PERFORMANCE PROJECT BOLLYWOOD Our Adult Performance Project Bollywood is designed to prepare adults the process of learning choreography of Indian dance, rehearsals and preparation for a performance. The performance will take place at our Black Box Theatre located in our building on April 6-7, 2024.							1:30-2:30PM

Drop in rates:

1 hour class \$18

1.50 hour class \$25

Pay for 3 classes in advance:

1 hour class \$42

1.50 hour class \$54

Adult Performance Project Bollywood \$150 classes run from January 7, 2024 through April 7, 2024.

Schedule subject to change.