

# Progressions Performing Arts 2022-23

MONDAY					TUESDAY				WEDNESDAY				
	A	B	C	D	A	B	C	D	A	B	C	D	
<i>Mondays 9:30 AM Adult Yoga-Rebeca Room A</i>													
4:15 PM	Ballet Level 8 with Pointe 4:15-6:00 PM												
4:30 PM													
4:45 PM													
5:00 PM													
5:15 PM	River	BBop Hip Hop	Contemporary	Level 1	Ballet	Pre-Ballet	Jazz	Tap	Hip Hop	Ballet	StrgthCond	Tap	
5:30 PM		Age 5-7	Level 3	5:00-6:00 PM	Level 6/7 with Pointe	5:15-6:15 PM Laurel	Level 2	Level 3	Intermediate	Level 1	Adv	Level 2	
5:45 PM		Lexy	5:15-6:15 PM	5:15-6:15 PM	Kim	5:15-7:15 PM	Lisa	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM
6:00 PM	Ballet Level 4 6:00-7:15 PM	Jazz Level 1	Contemporary	Level 6-8	River	Ballet	Jazz	Jazz/Tap	Hip Hop	Ballet	StrgthCond	Elite	
6:15 PM		Lexy	Level 5	6:00-7:15 PM	Level 2	Level 3	Combo A	Advanced	Beginning	Int	Popstars		
6:30 PM		6:15-7:15 PM	6:15-7:15 PM	6:15-7:15 PM	Laurel	6:15-7:15 PM	Lisa	6:15-7:15 PM	6:15-7:15 PM	6:15-7:15 PM	6:15-7:15 PM	6:15-7:15 PM	
6:45 PM	River	Lexy	6:15-7:15 PM	Otis	Laurel	Lisa	Kim	Emily	Laurel	Lexy	Kim		
7:00 PM													
7:15 PM	Ballet Level 5 with Pointe 7:15-9:00 PM	Teen Combo	Leaps/Turns	Tap					Yoga -Dancers	Ballet	Acro	Elite	
7:30 PM		Jazz/	Level 6-8	Level 4	Pre-Pointe	Jazz	Elite	Yoga -Dancers	Level 5 and up	Level 3	Beg/Lvl 1	Rockstars	
7:45 PM		Contemporary	7:15-8:15 PM	7:15-8:15 PM	(ballet required)	Level 6/7	Hotshots	Level 5 and up	7:15-8:15 PM	7:15-8:15 PM	7:15-8:15 PM	7:15-8:15 PM	
8:00 PM		7:15-8:30 PM	Otis	Kim	Laurel	Lisa	Kim	Rebeca	Laurel	Lexy	Kim		
8:15 PM	River	Lexy	Elite					Yoga for			Elite		
8:30 PM			VIP's					Adults			Celebrities		
8:45 PM				8:15-9:15 PM					8:15-9:15 PM			8:15-9:15 PM	
9:00 PM				Kim					Rebeca			Kim	
9:15 PM													
9:30 PM													

THURSDAY					FRIDAY	
	A	B	C	D	C	D
4:45 PM				Jazz		
5:00 PM				Level 8		
5:15 PM	Ballet Level 4 5:15-6:15 PM	Hip Hop Beginning 5:15-6:15 PM	4:45-6:15 PM	Tap		
5:30 PM			Lisa	Level 5		
5:45 PM			Kim	5:15-6:15 PM		
6:00 PM	Adrian	Otis			Acro	Pre Elite
6:15 PM	Ballet Level 6-8 6:15-7:45 PM	Contemporary Level 4 6:15-7:15 PM	Jazz	Jazz/Tap	5:30-6:30 PM	Kim
6:30 PM			Level 5	Combo B		
6:45 PM			6:15-7:30 PM	6:15-7:15 PM		
7:00 PM	Adrian	Otis	Lisa	Kim	Level 4/5 Adv	
7:15 PM				Tap Adult	Lexy	
7:30 PM			Jazz	7:15-8:15 PM		
7:45 PM	Ballet Level 5 7:45-9:00 PM	Contemporary Level 6-8 7:45-9:15 PM	Level 4	Kim		
8:00 PM			7:30-8:30 PM			
8:15 PM			Lisa			
8:30 PM	Adrian	Otis				
8:45 PM						
9:00 PM						

SATURDAY			
	A/B	C	D
9:00 AM	Ballet Intermediate Level 4-5 9:00-10:15 AM Ben		
9:15 AM		Acro	
9:30 AM		Level 2/3	
9:45 AM		9:15-10:15 AM	
10:00 AM		Lexy	
10:15 AM	Ballet Advanced Level 6-8 10:15-11:45 AM Ben	LeapsTurns	Elite
10:30 AM		Level 4/5	10:15 AM-11:45 PM
10:45 AM		10:15-11:15 AM	Kim
11:00 AM		Lexy	
11:15 AM		11:15 AM-12:15 PM	
11:30 AM		Lexy	
11:45 AM		Elite	
12:00 PM		11:45 AM-1:15 PM	
12:15 PM		Kim	
12:30 PM		Elite	
12:45 PM		12:15 PM-1:15 PM	
1:00 PM		Lexy	
1:15 PM			