



# Fusion of Movement - Class Schedule (8/26/19) \*updated

	Studio A/B	Studio C	Studio D	Dojo E	C2	Weight Rm
<b>Monday</b>						
9:00am-10:00am	Sculpt Express - Sasha					
3:30pm-4:30pm						
4:00pm-4:30pm	<b>*Int/Advanced Contemporary - Sasha</b>					
4:30pm-5:30pm	<b>4:15-5:30pm</b>		<b>Musical Theatre Dance (7-11) - Brianna</b>	Little Dragons - Naasz		Heavy Metal - Shannon
5:30pm-6:30pm	CLUB DANCE CARDIO - Sasha	<b>*Intermediate Tap (7-10) - Brianna</b>	<b>*Int/Adv Lyrical (10+) - Leah</b>	Kenpo All Levels - Naasz	<b>Boys Hip Hop (7+) - Colton</b>	
6:30pm-7:30pm	All Levels Soul Flow Yoga - Leah	<b>*Int/Adv Tap (10+) - Brianna</b>	<b>**Footlight Productions - Ben (6:30-7:30pm)</b>			
<b>Tuesday</b>						
9:00am-10:00am			Buti Yoga - Sasha			
3:00pm-3:45pm		<b>Jazz/Tumble(3-5) Jazz - Sasha</b>				
3:45pm-4:30pm	<b>Jazz/Hip Hop (5-6) - Sasha</b>		<b>Pre-Ballet (4-6) - Brianna</b>			
4:30pm-5:30pm	<b>*Intermediate Jazz (8-11) - Sasha</b>	Ballet Level 4-5 Adv/Pointe - Marissa (ends at 6pm)	<b>Beginning Ballet Level 1 (6-9) - Brianna</b>			Weight Training - Abby
5:30pm-6:30pm	Buti Yoga/Barre Total Body (alternate) - Sasha		<b>*Intermediate Hip Hop (8-11) - Brianna (Colton)</b>			
6:30pm-7:30pm	<b>*Fusion Adult Dance - Sasha</b>		<b>**Footlight Productions - Ben (6:30-7:30pm)</b>		<b>**Vocal Technique - Ben (6-6:30pm)</b>	
<b>Wednesday</b>						
9:00am-10:00am	Fit & Tone - Shannon					
3:00pm-4:30pm	<b>*Int/Adv Leaps, Jumps, Turns, Acro - Sasha (Jocelyn)</b>					
3:30pm-4:30pm	<b>(3:00-4:30pm)</b>	<b>Combo Dance (4-6) - Brianna (3:45-4:30pm)</b>	<b>Beginning Jazz Level 1 (6-9) - Leah</b>			
4:30pm-5:30pm	<b>Beginning Jazz Level 2 (6-9) - Sasha</b>	<b>Beginning Hip Hop (6-9) - Kenyata</b>	<b>Modern (10+) - Leah</b>	Little Dragons - Naasz		Bootcamp - Shannon
5:30pm-6:30pm	Body Sculpt - Sasha	<b>Beginning Ballet/Lyrical (6-9) - Leah</b>	<b>Beg/Int Tap (8+) - Brianna</b>	Kenpo All Levels - Naasz		
6:30pm-7:30pm	Restorative Yoga - Emily	<b>Adult Tap - Brianna (starts Sept 5th)</b>	<b>**Footlight Productions - Ben (6:30-7:30pm)</b>			
<b>Thursday</b>						
9:00am-10:00am			NamaSLAY Flow Yoga - Leah			
10:00am-10:45am		<b>Mommy/Daddy &amp; Me Dance (ages 18mo-3yrs) - Brianna</b>				
3:45pm-4:30pm				<b>Tumble Dance (5-7) - Sasha</b>		
4:30pm-5:30pm	<b>All Levels Hip Hop (10+) - Sasha (Teagan)</b>	<b>Beginning Ballet Level 1 &amp; 2 (8-10) - Marissa</b>	<b>Beginning Ballet Level 1 &amp; 2 (10+) - Brianna</b>	<b>Dragon/Demo Team - Naasz</b>		Heavy Metal - Shannon
5:30pm-6:30pm	POUND@ - Shannon	<b>*Beg Lyrical (8-10) - Brianna</b>	<b>*Beg Lyrical (10+) - Marissa</b>	Kenpo All Levels - Naasz		
6:30pm-7:30pm		<b>*Int/Adv Ballet Level 3-5 Technique - Brianna (ends 8pm)</b>	<b>Adult Ballet Level 1 &amp; 2 - Marissa</b>			
<b>Friday</b>						
9:00am-10:00am	Circuit Training - Sasha	<b>Tot Dance (2-3) - Brianna (Addi) (starts at 9:15am)</b>				
10:15am-11:00am						
3:00pm-4:00pm			<b>**Youth Ballroom - Dr. Dance (starting Sept)</b>			
4:30pm-5:30pm			<b>**Adult Ballroom (Ages 18+) - Dr. Dance( Starting Sept)</b>	<b>Jab HIIT Fitness - Kenyata (ends at 6:15pm)</b>		
5:30pm-6:30pm		<b>**Footlight Productions - Ben (5:30-6:30pm)</b>				
6:30pm-7:30pm						
<b>Saturday</b>						
9:00am-10:00am	Saturday Sweat Series - Rotating class/instructor	<b>Jazz/Tap (3-5) - Leah (ends 9:45am)</b>		Kenpo All Levels - Naasz (every 2nd Saturday)		
10:00am-11:00am		<b>Pre-Ballet (4-6) - Leah (ends 10:45am)</b>				

Key- \*Instructor approval required / Technique only

Dance Class / performing class bolded / (assistant)

Fitness (Additional dance fees apply w/fitness contract)

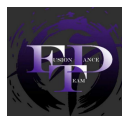
Kenpo

Series Classes (Ballroom & Theater)

\*Adult dance classes can be added on to a fitness contract or taken as a stand-alone dance contract  
 \*\* Ballroom and Footlight Theater classes will be offered as class series or based on audition

## Contact Us

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Archery Summer Session classes are held Monday 5:30 pm to 6:30 pm - All levels  
 10 class session - July 15, 22, 29, Aug 12, 19, 26, Sept 2, 9, 16, 23 \*Fall Session TBA