



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

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

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

