

## Kinetic Dance Force Schedule 2022-2023

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	SUNDAY	
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 2	Studio 2	
							Yoga (adults) 6-6:45am						Yoga (adults) 6-6:45am				
Tiny Tumbling (ages 3-5) 9:30-10:15am						Tiny Dance (ages 3-5) 9:30-10:15am									Step Aerobics (adults) 8:30-9:30am		
	Strength & Tone (adults) 10:30-11:15am			Basic Fitness (adults) 10:30-11:15am			Barre & Sculpt (adults) 10:30-11:15am		Tiny Dance (ages 3-5) 10:30-11:15am	Basic Fitness (adults) 10:30-11:15am					K-Fit (adults) 9:30-10:30am		
																Yoga (adults) 11:30-12:30pm	
						Tiny Dance (ages 3-4) 3:30-4:30pm	Jazz (Jr) 3:30-4:30pm					Tiny Tumbling (ages 3-4) 3-4pm					
Tiny Dance (ages 3-4) 4-5pm	Hip-Hop (Mini) 4-5pm	K-Fit Strength (adults) 4-4:45pm		Ballet (Mini) 4-5pm		Jazz (Tn/Sr) 4:30-5:30pm	Acro (Jr) 4:30-5:30pm		Creative Mvmt (ages 3-4) 4-5pm	Acro (Mini) 4-5pm	K-Fit Strength (adults) 4-4:45pm						
Tap/Jazz Combo 5-6pm	Hip-Hop (Jr) 5-6pm	K-Fit Hiit (adults) 5:15-6pm	Ballet (Jr) 5-6pm	Jazz (Mini) 5-6pm	K-Fit Strength (adults) 5:15-6pm	Musical Theatre (Jr) 5:30-6:30pm	Acro (Tn/Sr) 5:30-6:30pm		Rehearsal (Mini) 5-6pm	Leaps & Turns (Jr) 5-6pm	K-Fit Hiit (adults) 5:15-6pm						
Tap (Jr) 6-7pm	Hip-Hop (Tn/Sr) 6-7pm	Abs & Arms (adults) 6-6:30pm	Ballet (Tn/Sr) 6-7pm	Stretch & Tricks (Jr) 6-7pm	Abs & Cardio (adults) 6-6:30pm	Jazz/Acro (ages 10 & up) 6:30-7:30pm	ESI (Company) 6:30-8pm		Contemporary (Jr) 6-7pm	Leaps & Turns (Tn/Sr) 6-7pm	Abs & Thighs (adults) 6-6:30pm						
Tap (Tn/Sr) 7-8pm			Pre-Pointe (Jr) 7-8pm	Stretch & Tricks (Tn/Sr) 7-8pm					Acro (Jr/Teen) 7-8pm	Contemporary (Tn/Sr) 7-8pm							
Workout (all ages) 8-9pm				Pointe (Tn/Sr) 8-9pm					Leaps & Turns (Jr/Teen) 8-9pm	Musical Theatre (Tn/Sr) 8-9pm							