

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				Basic Fitness (adults) 10:30-11:15am					K-Fit (adults) 9:30-10:30am
																Yoga (adults) 11:30-12:30pm
													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					Jazz (Jr) 4:00-5:00pm			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		K-Fit Strength (adults) 5:15-6pm	Jazz (Tn/Sr) 5:00-6:00pm	Acro (Jr) 5:00-6:00pm			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	Musical Theatre (Jr) 6:00-7:00pm	Acro (Tn/Sr) 6:00-7:00pm			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		Jazz/Acro (ages 10 & up) 7:00-8:00pm	ESI (Company) 7:00-8:30pm			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					