

# Poise Dance Center



## Spring 2025 Class Schedule v.4 (11-19-2024)

| Monday                                  |  | Tuesday                      |                         | Wednesday                                  |                                   | Thursday                                    |                            | Saturday                         |                               |
|---|--|------------------------------|-------------------------|--|-----------------------------------|---|----------------------------|----------------------------------|-------------------------------|
| Studio A                                | Studio B                               | Studio A                     | Studio B                | Studio A                                   | Studio B                          | Studio A                                    | Studio B                   | Studio A                         | Studio B                      |
|   |  |                              |                         |  |                                   |   |                            |                                  | Poise Petites<br>9:00-10:15am |
|   |  |                              |                         | Adult Ballet Barre/Stretch<br>9:30-10:00am |                                   |   |                            | Acro Level 1-6<br>9:30-10:30     | Tutu Tots<br>10:15-10:45      |
|   |  |                              |                         | Pilates<br>10:00-10:30am                   |                                   |   |                            | Preschool Acro<br>10:30-11:00    |                               |
|   |  |                              |                         | Preschool Acro<br>10:30-11:00am            |                                   |   |                            | T/S Ballet Tech<br>11:00-11:45am | M/J TLC<br>11:15-11:45        |
|   |  |                              |                         |  |                                   |   |                            | M/J Ballet Tech<br>11:45-12:15pm | T/S TLC<br>11:45-12:30        |
|   |  |                              |                         |  |                                   |   |                            |                                  |                               |
|   |  | 4:45-5:15<br>Move and Groove | Ninja<br>5:00-5:30      | Ballet Level 3<br>4:45-5:45                | Contemporary Level 4<br>4:45-6:00 |   | Tap Level 3/4<br>4:45-5:30 |                                  |                               |
| Ballet Level 1A<br>4:45-5:30            |  | 5:15-5:45<br>Ballet Debut A  | Hip Hop 1A<br>5:30-6:15 |  |                                   | Mini Turns & Leaps<br>4:45-5:30             |                            |                                  |                               |
|   | Contemporary Level 1<br>5:15-6:00      | 5:45-6:15<br>Tap Debut       |                         | Pre Pointe<br>5:45-6:15                    | Contemporary Level 5<br>6:00-7:15 | Mini/Jr Stretch & Conditioning<br>5:30-6:15 |                            |                                  |                               |
| Ballet Level 1B<br>5:30-6:15            |  | 6:15-6:45<br>Ballet Debut B  | Hip Hop 1B<br>6:15-7:00 | Ballet Level 4<br>6:15-7:30                |                                   | Minis/Jr Partnering<br>6:15-6:45            |                            |                                  |                               |
|   | Contemporary Level 2<br>6:00-6:45      | 6:45-7:30<br>Jazz 1          |                         |  |                                   | Jazz/Lyrical Level 3<br>6:45-7:45           | Tap Level 1/2<br>6:30-7:15 |                                  |                               |
| Ballet Level 2A<br>6:15-7:00            |  | 7:30-8:15<br>Jazz 2          | Hip Hop 2<br>7:00-8:00  | Pointe<br>7:30-8:15                        | Contemporary Level 3<br>7:15-8:15 |   | Tap Level 5/6<br>7:15-8:00 |                                  |                               |
|   | Jazz/Lyrical Level 5<br>6:45-8:00      |                              |                         |  |                                   | Jr Turns/Leaps<br>7:45-8:30                 |                            |                                  |                               |
| Ballet Level 2B<br>7:00-7:45            |  |                              | Hip Hop 3<br>8:00-9:00  | Ballet Level 5<br>8:15-9:30                | Jazz/Lyrical Level 4<br>8:15-9:30 |   |                            |                                  |                               |
| Adult Ballet Barre/Stretch<br>7:45-8:30 | Teen/Sr Tricks/Partnering<br>8:00-9:00 |                              |                         |  |                                   |   |                            |                                  |                               |
|   |  |                              |                         |  |                                   |   |                            |                                  |                               |

Please email our Recreational Director, Brianne Sendaj, with any questions related to placements, scheduling, or programming needs at [brianne@poisedance.org](mailto:brianne@poisedance.org).