



# 2022-2023 SCHEDULE

(704) 482-2244

212-1 S. DeKalb Street  
Shelby, NC 28150



## MONDAY

### STUDIO 1

### STUDIO 2

3:30-7:30

PRIVATE LESSONS UPON REQUEST & AVAILABILITY

4:00-4:45

MINI GYMNASTICS

4:45-5:30

KINDER DANCE (AGES 5&UP)

MINI PTM

5:30-6:15

FLEX & CONDITIONING

JUNIOR PTM

6:15-7:00

OPEN GYMNASTICS

OPEN PTM

7:00-7:45

OPEN TECHNIQUE

TEEN PTM

7:45-8:30

SENIOR PTM

## TUESDAY

### STUDIO 1

### STUDIO 2

3:30-4:30

PRIVATE LESSONS UPON REQUEST & AVAILABILITY

4:30-5:15

TWEEN TECHNIQUE

MINI PTM

5:15-6:00

TWEEN HIP-HOP

JUNIOR PTM

6:00-6:45

TEEN/SENIOR TECHNIQUE

OPEN PTM

6:45-7:30

FLEX & CONDITIONING

TEEN PTM

7:30-8:15

OPEN GYMNASTICS

SENIOR PTM

## WEDNESDAY

### STUDIO 1

### STUDIO 2

4:00-7:00

PRIVATE LESSONS UPON REQUEST & AVAILABILITY

4:30-5:15

TODDLER TUMBLING

5:15-6:00

MINI TAP & BALLET

6:00-6:45

FLEX & CONDITIONING

MINI GYMNASTICS

## THURSDAY

### STUDIO 1

### STUDIO 2

4:30-5:30

PRIVATE LESSONS UPON REQUEST & AVAILABILITY

4:30-5:15

MINI CREATIVE DANCE (AGES 3&UP)

TINY PTM PREP

5:15-6:00

MINI GYMNASTICS

TINY PTM

6:00-6:45

JUNIOR GYMNASTICS

FLEX & CONDITIONING

6:45-7:30

OPEN GYMNASTICS

JUNIOR OPEN DANCE

## SATURDAY

### STUDIO 1

10:00-12:00

PRIVATE LESSONS UPON REQUEST & AVAILABILITY

12:15-1:00

OPEN POINTE

1:00-4:00

PTM BALLET & PRODUCTION \*ONCE PER MONTH BEGINNING SEPTEMBER 24TH

4:00-5:00

PTM PARENTS MEETING \*ONCE PER MONTH BEGINNING SEPTEMBER 24TH