



# 2023 – 2024 SCHEDULE

212-1 S. DeKalb Street  
Shelby, NC 28150



<b>MONDAY</b>	<b>STUDIO 1</b>	<b>STUDIO 2</b>
<b>3:30-7:30</b>	PRIVATE LESSONS UPON REQUEST & AVAILABILITY	
<b>4:30-5:15</b>	MINI GYMNASTICS	SASSY STARS
<b>5:15-6:00</b>	FLEX & CONDITIONING	CORE BALLET
<b>6:00-6:45</b>	SUPER STARS	
<b>6:45-7:30</b>	FLEX & CONDITIONING	ADVANCE BALLET
<b>7:30-8:15</b>	OPEN GYMNASTICS*	ELITE BALLET
	<i>*Open Gymnastics is for students working on at least a backhand spring</i>	
<b>TUESDAY</b>	<b>STUDIO 1</b>	<b>STUDIO 2</b>
<b>3:30-4:30</b>	PRIVATE LESSONS UPON REQUEST & AVAILABILITY	
<b>4:30-5:15</b>	OPEN GYMNASTICS	SPUNKY STARS
<b>5:15-6:00</b>	FLEX & CONDITIONING	CHEERNASTICS
<b>6:00-6:45</b>	SHINING STARS	SOT ALLSTARS CHEER & TUMBLE TEAM
<b>6:45-7:30</b>	SHINING ELITE STARS	SASSY ELITE STARS
<b>7:30-8:15</b>	SIZZLING STARS	
<b>THURSDAY</b>	<b>STUDIO 1</b>	<b>STUDIO 2</b>
<b>3:30-7:30</b>	PRIVATE LESSONS UPON REQUEST & AVAILABILITY	
<b>4:30-5:15</b>	MINI TAP & BALLET	TODDLER TUMBLING
<b>5:15-6:00</b>	OPEN JAZZY HIP HOP	MINI/JR OPEN
<b>6:00-6:45</b>	LEAPS & TURNS	FLEX & CONDITIONING
<b>6:45-7:30</b>	OPEN GYMNASTICS	SPARKLING GYM STARS
	<i>*Soloists should attend 5:15-7:30</i>	
<b>SATURDAY</b>	<b>STUDIO 1</b>	<b>STUDIO 2</b>
<b>12:00-1:00</b>	SOT ALLSTARS *ONCE PER MONTH BEGINNING SEPTEMBER 16 <sup>TH</sup>	
<b>1:00-3:00</b>	PTM BALLET & PRODUCTION *ONCE PER MONTH BEGINNING SEPTEMBER 16 <sup>TH</sup>	
<b>3:00-4:00</b>	OPEN POINTE	

*Schedule subject to change based on registered students.*

*\*Ballet placement based on knowledge and skills.*

*\*\*PTM – stands for Performing Team Members (Audition required)*

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REV 10/24/2023