| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------|------------------------------------------------|----------------------------------------------|----------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|--------------------------|
| Open Studio | Open Studio | Open Studio | Open Studio | Open Studio | Creative Dance | |
| Rehearsals | Rehearsals | Rehearsals | Rehearsals | Rehearsals | 2-3yrs | |
| 9:00am – 5:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 5:00pm | 9:00-9:30am | |
| Open Studio | Open Studio | Open Studio | Open Studio | Open Studio | Mini Ballet | Creative Dance |
| Rehearsals | Rehearsals | Rehearsals | Rehearsals | Rehearsals | 4-5yrs | 2-3yrs |
| 9:00am – 5:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 5:00pm | 9:30am-10am | 9:30-10:00am |
| Open Studio | Open Studio | Open Studio | Open Studio | Open Studio | Mini Acro | Tap 3/4 |
| Rehearsals | Rehearsals | Rehearsals | Rehearsals | Rehearsals | 4-5yrs | 9-11yrs |
| 9:00am – 5:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 5:00pm | 10am-10:30am | 10:00-11:00am |
| Open Studio Rehearsals 9:00am – 5:00pm | Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am – 5:00pm | Mini Jazz 4-5yrs 10:30-11am | BREAK 11:00 – 11:15am |
| Open Studio | Open Studio | Open Studio | Open Studio | Open Studio | Ballet 1 | Ballet 2/3 |
| Rehearsals | Rehearsals | Rehearsals | Rehearsals | Rehearsals | 6-8yrs | 9-11yrs |
| 9:00am – 5:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am – 5:00pm | 11am-11:45am | 11:15-12:15pm |
| Open Studio | Open Studio | Open Studio | Open Studio | Open Studio | Acro 1/2 | Jazz 2/3 |
| Rehearsals | Rehearsals | Rehearsals | Rehearsals | Rehearsals | 6-8yrs | 9-11yrs |
| 9:00am – 5:00pm | 9:00am – 4:00pm | 9:00am – 4:00pm | 9:00am –4:00pm | 9:00am – 5:00pm | 11:45am-12:30pm | 12:15pm-1:15pm |
| Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am – 4:00pm | Open Studio Rehearsals 9:00am –4:00pm | Open Studio Rehearsals 9:00am –5:00pm | Jazz 1 6-8yrs 12:30pm-1:15pm | BREAK 1:15pm-2:30pm |
| Competitive Choreography 5:00pm-8:30pm | Creative Dance 2-3yrs 5:15 - 5:45pm | | | Competitive Choreography 5pm-6pm | Stretch n Strength All Comp Students 1:15pm-2:00pm | |
| Competitive | Intro to Pointe | Stretch n Strength | | Mini Hip Hop | Group MT | Elite Cont Jazz |
| Choreography | 12+ | All Comp Students | | 4-6yrs | All Comp Students | 16+ or Selection |
| 5:00pm-8:30pm | 5:45pm-6:30pm | 5:30pm-6:30pm | | 5:30-6:15pm | 2:00pm – 3:00pm | 4:00pm-5:00pm |
| Competitive | Elite Ballet | Comp Technique | Comp/Rec Acro 2/3 | Hip Hop 1/2 | Lyrical | Elite Cont Lyrical |
| Choreography | 16+ or Selection | All Comp Students | Flexibility/Contortion | 7-14yrs | Open Age | 16+ or Selection |
| 5:00pm-8:30pm | 6:30pm-7:30pm | 6:30pm-7:15pm | 6:15pm-7:15pm | 6:15pm-7:15pm | 3:00pm – 4:00pm | 5:00pm-6:00pm |
| Competitive | Elite Pointe | Tumbling | Comp/Rec Acro 3/4 | Private Dance – | Jazz 4 | |
| Choreography | 16+ or Selection | Open | Flexibility/Contortion | Closed - Studio A | 12-16yrs | |
| 5:00pm-8:30pm | 7:30pm-8:30pm | 7:15pm-8:00pm | 7:15pm-8:15pm | 7:15 to 9:15pm | 4:00pm - 5:00pm | |
| Kickboxing/Boxfit Drop In 8:30pm-10:00pm | Kickboxing/Boxfit Drop In 8:30pm-10:00pm | | | Private Dance – Closed - Studio B 7:15 to 9:15pm | Ballet 4 12-16yrs 5:00pm – 6:00pm | |
| | tive reheareals not shown | | | | | |

Competitive rehearsals not shown on this schedule