

Mat Valley Dance

winter/spring semester

Jan 2- May22

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:45 Strength+ Stretch+ Stillness Yoga	3:30-4:15 Teen Lyrical	3:30-4:15 Intermediate Jazz	9:30-10:00 Starbright Lyrical	3:30-4:00 Starlight Lyrical	10:45-12:00 Joyous Heart Yoga	8:00-9:15 Hot Yoga
	4:30-5:00 Hip Hop 4 Tots	4:15-5:00 Ballet III/IV	10:15-11:30 Masterpieces Art	4:30-5:15 Superstars		9:30-10:15 Adult Contemporary
	5:00-5:45 Advanced Ballet	5:00-5:30 Pre-Pointe	3:00-3:45 Acro III 3:45-4:30 Acro II 4:30-5:15 Acro I	5:30-6:00 Tiny Twirlers Ballet		10:30-11:00 Tippy Toes Ballet
	6:00-7:00 Int/Adv Contemporary	5:30-6:00 Teams practice and spring finale	5:30-6:45 Gentle & Restorative Yoga	6:00-6:45 Beginning Jazz		11:00-11:45 Ballet 1
	7:00-7:45 Adv Tap	6:00-6:45 Ballet II	7:00-7:45 Beginning Street Style	6:45-7:30 Ballet I		
		6:45-7:15 Teams Ballet and Solo Block	7:45-8:30 Int/Adv Street Style			
		7:30-8:30 Vinyasa Flow	8:30-9:00 Team Atlantis Street Style			