

# JANUARY

## WORKSHOPS



### 11 YEARS & UNDER

FRIDAY 1/3 - 8:00-9:00PM - FLEXIBILITY (ALL AGES)

WEDNESDAY 1/8 - 5:00-6:00PM - LYRICAL

FRIDAY 1/10 - 7:00-8:00PM - HIP HOP

WEDNESDAY 1/15 - 5:00-6:00PM - YOGA & STRETCHING (ALL AGES)

FRIDAY 1/24 - 8:00-9:00PM - STRENGTHENING & CONDITIONING (ALL AGES)

WEDNESDAY 1/29 - 5:00-6:00PM - BALLET/LYRICAL

FRIDAY 1/31 - 7:00-8:00PM - TURNS

### 12 YEARS & UP

FRIDAY 1/3 - 8:00-9:00PM - FLEXIBILITY (ALL AGES)

TUESDAY 1/7 - 5:30-6:30PM - CONTEMPORARY

FRIDAY 1/10 - 8:00-9:00PM - JUMPS & LEAPS

WEDNESDAY 1/15 - 5:00-6:00PM - YOGA & STRETCHING (ALL AGES)

FRIDAY 1/24 - 8:00-9:00PM - STRENGTHENING & CONDITIONING (ALL AGES)

TUESDAY 1/28 - 5:30-6:30PM - TURNS

FRIDAY 1/31 - 8:00-9:00PM - HIP HOP



# FEBRUARY

## WORKSHOPS

### 11 YEARS & UNDER

WEDNESDAY 2/5 - 5:00-6:00PM - YOGA & STRETCHING

MONDAY 2/10 - 4:30-5:30PM - TURNS

WEDNESDAY 2/19 - 5:00-6:00PM - LYRICAL

FRIDAY 2/21 - 7:00-8:00PM - JUMPS & LEAPS

FRIDAY 2/21 - 8:00- 9:00PM - STRENGTHENING & CONDITIONING (ALL AGES)

WEDNESDAY 2/26 - 5:00-6:00PM - YOGA & STRETCHING (ALL AGES)



### 12 YEARS & UP

TUESDAY 2/4 - 5:30-6:30PM - JUMPS & LEAPS

TUESDAY 2/11 - 5:30-6:30PM - CONTEMPORARY

TUESDAY 2/18 - 5:30-6:30PM - TURNS

FRIDAY 2/21 - 8:00- 9:00PM - STRENGTHENING & CONDITIONING (ALL AGES)

TUESDAY 2/25 - FLEXIBILITY - 5:30-6:30PM

WEDNESDAY 2/26 - 5:00-6:00PM - YOGA & STRETCHING (ALL AGES)