

Subject to Change

August 18, 2025 - June 6, 2026

Updated 6/16/2025

MONDAY

Studio 6	Studio 5	Studio 4	Studio 7
8:00 - 9:30 Intermediate Ballet Sadie/Yoshi	8:00-9:30 New Roads School	8:45-9:45 Core strengthening for Dancers Spencer Johnson	
9:45 - 11:15 Intermediate Ballet Johnny/Yoshi	10:00 - 11:15 Beginning Ballet II David/Leon		9:30 - 10:15 Parent and Me 18 months to 3 years Sarah Hurty
11:30 - 1:00 Advanced Ballet Johnny/Leon	11:30 - 1:00 Intro to Ballet Rebecca/Yoshi		
Contemporary 1:00-2:30 Myles Lavalley			
			3:30 - 4:15 Primary B (Group 1) Sarah
4:15 - 6:00 Ballet 7/6+ & LAB Trainees Adrian /Valerie	4:15 - 6:00 Ballet 6/5+ Francine/Inna	4:00 - 5:00 Ballet 2 (Group A) Miss K Sarah assist	4:15 - 6:00 Ballet 4+/5 Natalia/EJ
		5:00 - 6:00 Teen B Liz	
6:00 - 7:00 Variations 7/6+ & LAB Trainees Adrian	6:00 - 7:00 Pointe 6/5+ Francine/Inna	6:00 - 7:00 Intro Liz	6:00 - 7:00 Pointe 4+/5 Natalia/EJ
7:00 - 8:30 Int/Advanced Ballet Natalia/Inna	7:00 - 8:15 Adult Beg Ballet II Aimée/Hiromi		7:00 - 8:00 Adult Beg pointe Liz

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TUESDAY

Studio 6	Studio 5	Studio 4	Studio 7
7:45 - 9:15 Intermediate Ballet Charlie/Leon	8:00-9:30 New Roads School		7:30 - 9:00 Intro Ballet Damien
9:30 - 11:00 Intermediate Ballet Sven/Leon	10:00 - 11:15 Beginning Ballet II Aimée/Hiromi		9:00 - 10:15 Adult Repertoire Damien
11:30 - 1:00 Advanced Ballet Johnny /Leon	11:30 - 1:00 Intro/Beg I Rebecca/EJ	11:45-12:45 Trainee Floor Barre Carol	10:15 - 11:15 Floor Barre Carol
TRAINEE PROGRAM 1:00 - 3:30			
		3:30 - 4:15 Primary C (Group 1) Emily	
4:15 - 5:45 Ballet 6/6+/7 Martine/Valerie	4:15 - 6:00 Ballet 5/5+ Natalia/Inna	4:15 - 5:15 Ballet 3 (group A) Michele/Richard Sarah assist	4:15 - 5:30 Ballet 4 Carol/EJ
5:45 - 7:00 Jazz 6/6+/7 Michele	6:00 - 7:00 Pointe 5/5+ Natalia/Inna	5:15 - 6:15 Ballet 3 (group B) Caprice/Richard Sarah assist	5:45 - 6:45 Pre-Pointe 4 Carol/EJ 7:00 - 8:00 Jazz 5/5+ Michele
7:00 - 8:30 Intermediate/Adv Ballet Wks 1,3,4 David P/Inna Wk 2 Bruce/Inna	7:00 - 8:15 Beginning Ballet II Natalia/Hiromi	7:00-8:30 Irish Dance Lisa Power Steinmetz	8:00 - 9:30 Adult Open/Beg Jazz Jeni Jones

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WEDNESDAY

Studio 6	Studio 5	Studio 4	Studio 7
8:00 – 9:30 Intermediate Ballet Evan/Yoshi	8:00-9:30 New Roads School		8:00-9:30 New Roads School
9:45 – 11:15 Intermediate Ballet Johnny/Yoshi	10:00 - 11:30 Beginning Ballet II Rebecca/Leon		
11:30 – 1:00 Advanced Ballet Pat Neary/Leon	11:30 - 1:00 Intro to Ballet Rebecca/Yoshi		
TRAINEE PROGRAM 1:00 - 3:30	1:15 - 2:15 Beginning Pointe Liz		
		3:30 - 4:15 Primary B (age 5) (Group 2) Miss K	3:30 - 4:15 Primary C (age 6) (Group 2) Liz
4:15 – 6:00 Ballet 6/6+/7 Sophie/Inna	4:15 – 5:45 Ballet 5/5+ Natalia/Leon	4:30 - 5:30 Ballet 2 (Group A) Miss K/EJ Sarah assist	4:30 – 5:30 Ballet 3+ (Group A) Adrian/Valerie
6:00 - 7:00 Repertoire L6/6+/7 girls Sophie	5:45 - 6:45 Pointe 5/5+ Natalia/Leon	5:30 - 6:30 Ballet 2 (group B) Miss K/EJ Sarah assist	5:30 - 6:30 Ballet 3+ (Group B) Adrian/Valerie
7:00 – 8:30 Int/Advanced Ballet Chasen/Leon	7:00 - 8:15 Intro to Ballet Nancy Paradis	6:30 - 8:30 Flamenco Assieh	6:30 - 7:30 Teen Ballet A Liz/Hiromi
	8:15 - 9:45 Beginning/Intermediate Ballet Tigran /EJ		7:30 - 8:30 Teen Ballet B Liz/Hiromi

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THURSDAY

Studio 6	Studio 5	Studio 4	Studio 7
7:45 - 9:15 Intermediate Ballet Charlie/Leon			7:30-9:00 Intro Ballet Damien
9:30 – 11:00 Int/Adv Ballet Sven/Leon	10:00 – 11:15 Beginning Ballet II Aimée/Hiromi		10:15 - 11:15 Floor Barre Carol
11:30 – 1:00 Advanced Ballet Pat Neary/Leon Wk 4:Reid	11:30 – 12:45 Contemporary Ballet Erick Garnica		11:30 - 1:00 Intro Evan
		3:30 - 4:15 Pre-Primary (age 3) (Group 1) Mizuki w/asst.	3:30 - 4:15 Primary A (age 4) (Group 1) Liz w/asst.
4:15 – 6:00 Ballet 6+/7 & LAB Trainees Martine /Inna	4:15 – 5:30 Ballet 4+ Aimée /EJ	4:15 - 5:15 Level 1 (Group A) Mizuki Sarah assist	4:15 – 5:45 Ballet 4 Carol/Valerie
6:00 - 7:00 Pointe 6+/7 & LAB Trainees Martine/Inna	5:30 – 7:00 Ballet 6 Evan/Valerie	5:30 - 6:30 Pointe 4+ Aimée/Hiromi	5:45 - 6:45 Jazz 4 Michele
	7:00 - 8:00 Pointe 6 Evan /Valerie	6:30- 7:30 Teen Ballet A Liz/Hiromi	6:45 - 7:45 Jazz (4+) Michele
7:00 – 8:30 Int/Adv Ballet Joe Davis /Inna		7:30 - 9:00 Irish Dance Lisa Power Steinmetz	8:00 - 8:45 Intro Latin Ballroom: Rumba (No partner necessary) 8:45 - 9:30 Intro Ballroom: Waltz (partner preferred) Roxanne Milotti

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FRIDAY

Studio 6	Studio 5	Studio 4	Studio 7
8:00 - 9:30 Intermediate Ballet Sadie/EJ			
9:45 - 11:15 Intermediate Ballet Johnny/EJ	10:00 - 11:15 Adult Beginning II Aimée/Hiromi		
11:30 - 1:00 Advanced Ballet Johnny/Inna Wk 4: Reid	11:30 - 12:30 Adult Beginning Pointe Stephanie	11:45-12:45 Trainee Gyrokenesis Christina	11:30 - 1:00 Intro/ Beg 1 Evan
TRAINEE PROGRAM 1:00 - 3:30			
4:15 - 5:30 Floor Barre/Technique 5/5+/6/6+/7 Carol/Wendy/EJ (Floor Barre or Reformer) SMC Contemporary Dance: Vanessa van Wormer STARTS JAN. 30th	4:15 - 5:30 Ballet 4+ Aimée/Inna	4:15 - 5:30 Boys C Adrian /Valerie	4:15 - 5:30 Ballet 3 (Group A & B) Caprice/Hiromi Sarah assist
5:30 - 7:00 Pointe 6/6+/7 Martine/EJ SMC Contemporary Dance: Vanessa van Wormer STARTS JAN. 30th	5:30 - 7:00 Ballet 5/5+ Francine/Inna	5:30 - 6:45 Pointe 4+ Aimée/Hiromi	5:30 - 6:45 Ballet 3+ (Group A & B) Adrian/Valerie Sarah assist
7:15 - 8:45 Beginning Ballet II David/Inna	7:00 - 8:00 Pointe 5/5+ Francine/EJ	6:45 - 7:45 L4+ conditioning Carol	6:45 - 8:00 Ballet 4 Aimee/Valerie

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SATURDAY

Studio 6	Studio 5	Studio 4	Studio 7
7:30 – 9:00 Intermediate Ballet Charlie/Leon	7:30 - 9:00 Intro Ballet Damien	8:15 - 9:00 Primary B (age 5) (Group 3) Liz	8:15 - 9:00 Pre-Primary (age 3) (Group 2) Emily
9:00 – 10:30 Beginning 1 Chasen	9:00 - 10:30 Ballet 5/5+ Evan/Leon	9:00 - 9:45 Primary A (age 4) (Group 2) Liz	9:00 - 10:00 Level 1 Emily
		10:00 - 10:45 Primary C (age 6) (Group 3) Liz	10:00 - 11:00 Ballet 3 (grps A & B) Michele/EJ Sarah assist
10:30 – 12:00 Ballet 6/6+/7 & LAB Trainees Melissa (Evan)/Leon	10:30 - 11:25 REPERTOIRE or PAS L5/5+ Sven	11:00 - 12:00 Ballet 2 (Group B) Miss K/EJ Sarah assist	11:00 - 12:00 Jazz 3 (Group A & B) Michele
12:00 – 1:00 REPERTOIRE or PAS L6/6+/7 girls Martine/Sven	11:30 - 1:00 Intermediate Ballet Chasen	12:00 - 1:15 Ballet 3+ (Group A & B) Adrian/EJ Sarah assist	12:00 - 1:00 Jazz 2 (A & B) Michele
1:15 – 2:45 Advanced Ballet Sophie/Inna Wk 4: Reid	1:00 - 2:15 Ballet 4 Aimée/Valerie	1:15 - 2:15 BOYS A Adrian/EJ 2:15 - 3:15 BOYS B Adrian/EJ	1:15 - 2:15 Jazz 3+ Michele
	2:15 - 3:30 Ballet 4+ Aimée/Valerie		
3:00 - 7:30 Rehearsals Sept-Nov & Feb-May	3:30 - 7:30 Rehearsals Sept-Nov & Feb-May	3:15 - 7:30 Rehearsals & Costuming Sept-Nov & Feb-May	2:15 - 7:30 Rehearsals Sept-Nov & Feb-May

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SUNDAY

Studio 6	Studio 5	Studio 4	Studio 7
9:00 – 10:30 Beg I Ballet James/Yoshi			
	10:45 – 12:15 Beg/Intermediate Ballet James/Valerie		10:30 – 12:00 Open Level/Beg Jazz Jeni Jones
11:00 – 12:30 Intermediate/Adv Ballet Wk 4 Bruce/Yoshi Wks 1,2,3, Damien/Yoshi		12:30 - 1:30pm Community Outreach Open Ballet class for children Nola	12:30 - 1:30 Beginning Pointe Natalia/Valerie
1:00 - 2:30 Adv/Pro Ballet Sophie/Yoshi	12:45 - 1:45 Boys A Adrian		
	1:45 - 3:00 Boys B Adrian /Valerie		
	3:15 - 4:30 Boys C Tigran /Valerie		