

# J & M DANCE CENTER

## 2022-2023 Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
				9:15-10:00 Adult Tap	10:00-10:45 Adult Dance Conditioning	2:30-3:00 My Happy Dance (Ages 2-3)			3:00-3:45 Sr. Lyrical Optional
3:15-4:00 Creative Movement (Ages 4-5)	3:00-4:30 Jazz Technique 7/8 1 of 2	3:00-3:45 Adv. Tap	3:45-4:30 Adv. Musical Theater (Ages 13-up)	3:00-4:15 Jazz Technique 5/6 (Ages 11-up) 2 of 2	3:00-4:15 Adv. Pointe & Ballet Technique 2 of 3	3:00-3:45 Petite Dance Company	3:00-4:15 Adv. Pointe & Ballet Technique 3 of 3		3:45-4:30 Jr. Hip Hop Optional
4:00-4:30 Dance for Joy (Ages 2-3)	4:30-5:15 Hip Hop 7/8	4:15-5:00 Dance FUNdamentals (Ages 4-5)	4:30-5:45 Jazz Technique 7/8 2 of 2	4:15-5:15 Contemporary 7/8	4:15-5:15 Pre-Pointe & Ballet Technique 1 of 2	3:45-4:30 Hip Hop 5/6 (Ages 11-up)	4:15-5:30 Int. Pointe & Ballet Technique 2 of 2	4:30-5:15 Intro to Jazz (Ages 5-up)	4:30-5:15 Elite Dance Company
4:30-5:15 Contemporary 1/2 (Ages 6-up)	5:15-6:00 Hip Hop 1/2 (Ages 5-up)	5:00-5:45 Intro to Ballet Foundations (Ages 5-up)	5:45-7:00 Adv. Pointe & Ballet Technique 1 of 3	5:15-6:15 Adv. Acro for Dancers (Ages 13-up)	5:15-6:15 Ballet Technique 3/4 (Ages 9-up)	4:30-5:30 Beg./Int. Acro for Dancers (Ages 6-up)	5:30-6:30 Pre-Pointe & Ballet Technique 2 of 2	5:15-6:00 Production	6:00-6:45 Sr. Jazz Optional
5:15-6:00 Int. Tap	6:00-6:45 Flexibility for Dancers (Ages 8-up)	5:45-6:30 Tiny Dance Company	7:00-8:15 Int. Pointe & Ballet Technique 1 of 2	6:15-7:00 Beg. Ballet Foundations (Ages 7-up)	6:15-7:15 Jazz Technique 3/4 (Ages 9-up) 2 of 2	5:30-6:15 Jazz 1/2 (Ages 7-up)	6:30-7:00 Beg. Pointe		6:45-7:30 Jr. Musical Theater Optional
6:00-6:45 Beg. Tap (Ages 5-up)	6:45-8:00 Jazz Technique 5/6 (Ages 11-up) 1 of 2	6:30-7:30 Jazz Technique 3/4 (Ages 9-up) 1 of 2		7:15-8:00 Open Ballroom (Ages 8-up)	7:15-8:00 Contemporary 3/4 (Ages 9-up)	6:15-7:00 Jr. Dance Company	7:00-8:00 Ballet Technique 3/4 (Ages 9-up) 2 of 2		7:30-8:15 Mini Dance Company
6:45-7:30 Hip Hop 3/4 (Ages 9-up)		7:30-8:15 Beg./Int. Musical Theater (Ages 8-up)				7:00-8:00 Contemporary 5/6 (Ages 11-up)			