

2023-2024 COMPANY SCHEDULE

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PREMIER MINI

PREMIER JUNIOR

PREMIER PRE-TEEN

PREMIER TEEN

PREMIER SENIOR

ENERGY

CORE TEEN

CORE FORCE

CORE SENIOR

CORE ENERGY

CORE POWER

ELITE TEEN

ELITE ENERGY

ELITE POWER

COMPETITION REHEARSAL (TRACK A)

COMPETITION REHEARSAL (TRACK B)

SHOES

ATTIRE

PREMIER

MINI

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Ballet, Lyrical, Musical Theatre

Mondays 4:00-5:30PM (Jazz, Musical Theatre, Lyrical)

Wednesdays 4:00-5:30PM (Lyrical, Ballet, Musical Theatre)

REQUIRED CLASS TUITION: \$235/month

ADDITIONAL CLASSES:

TAP 1/2 (11 and under): Mon 6:00-6:45pm

PREMIER HIP HOP (5-9yrs): Thurs 5:00-5:45pm

ACRO: COMING SOON!! Wed 6:00-6:45pm (start date TBA)

ADDITIONAL CLASS TUITION:

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

PREMIER

JUNIOR

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Musical Theatre

Mondays 4:00-6:00pm (Ballet, Jazz/Technique)

Wednesdays 4:00-6:00pm (Musical Theatre, Lyrical)

REQUIRED CLASS TUITION: **\$290/month**

ADDITIONAL CLASSES:

TAP 1/2 (11 and under): Mon 6:00-6:45pm

PREMIER HIP HOP (5-9yrs): Thurs 5:00-5:45pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro coming soon!

ACRO 1/2 Wed 6:00-6:45pm (start date TBA)

ADDITIONAL CLASS TUITION:

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

PREMIER

PRE-TEEN

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Musical Theatre

Mondays 4:00-6:00pm (Lyrical, Musical Theatre, Ballet)

Tuesdays 4:00-6:00pm (Technique, Jazz)

REQUIRED CLASS TUITION: **\$290/month**

ADDITIONAL CLASSES:

TAP 1/2 (11 and under): Mon 6:00-6:45pm

TAP 2 (11+yrs): Thurs 6:30-7:15pm

PREMIER/CORE: HIP HOP & ST JAZZ (10-13yrs): Thurs 5:45-6:30pm

DANCE CONDITIONING: Tues 6:15-7:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro COMING SOON!!!

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

PREMIER

TEEN

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Musical Theatre

Tuesdays 4:00-6:15pm (Jazz, Lyrical, Musical Theatre)

Thursdays 4:00-5:45pm (Ballet, Technique)

REQUIRED CLASS TUITION: **\$290/month**

ADDITIONAL CLASSES:

TAP 1/2 (11 and under): Mon 6:00-6:45pm

TAP 2 (11+yrs): Thurs 6:30-7:15pm

PREMIER/CORE: HIP HOP & ST JAZZ (10-13yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm

DANCE CONDITIONING: Tues 6:15-7:00pm

STRETCH: Mon 5:30-6:00pm

STRETCH: Wed 5:30-6:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro COMING SOON!!!

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

PREMIER

SENIOR ENERGY

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Contemporary, Musical Theatre

Mondays 6:45-8:45pm (Technique, Contemporary, Musical Theatre)
Wednesdays 6:45-8:45pm (Jazz, Lyrical, Ballet)

REQUIRED CLASS TUITION: **\$290/month**

ADDITIONAL CLASSES:

TAP 2 (11+yrs): Thurs 6:30-7:15pm

Tap 3 (11+yrs): Tues 7:00-7:45pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 7:15-8:00pm

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm

DANCE CONDITIONING: Tues 6:15-7:00pm

STRETCH: Mon 5:30-6:00pm

STRETCH: Wed 5:30-6:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

*Additional Acro TBA **COMING SOON!!***

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

CORE

TEEN

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Contemporary, Musical Theatre

Tuesday 4:15-6:15pm (Jazz, Technique, Musical Theatre)

Wednesday 4:00-6:00pm (Lyrical, Contemporary, Ballet)

REQUIRED CLASS TUITION: \$290/month

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm

Tap 3 (11+yrs): Tues 7:00-7:45pm

PREMIER/CORE: HIP HOP & ST JAZZ (10-13yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm

DANCE CONDITIONING: Tues 6:15-7:00pm

STRETCH: Mon 5:30-6:00pm

STRETCH: Wed 5:30-6:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro *COMING SOON!!!*

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

CORE

FORCE

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Contemporary, Musical Theatre

Tuesday 6:00-8:00pm (Lyrical/Contemporary, Musical Theatre)
Wednesday 6:45-8:45pm (Technique, Ballet)

REQUIRED CLASS TUITION: \$290/month

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm

Tap 3 (11+yrs): Tues 7:00-7:45pm

PREMIER/CORE: HIP HOP & ST JAZZ (10-13yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 7:15-8:00pm

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm

STRETCH: Mon 5:30-6:00pm

STRETCH: Wed 5:30-6:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro COMING SOON!!

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

CORE

SENIOR

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz/Technique, Ballet, Lyrical, Contemporary, Musical Theatre

Monday 6:45-8:45pm (Ballet, Jazz, Technique)

Wednesday 6:45-8:45pm (Contemporary, Lyrical, Musical Theatre)

REQUIRED CLASS TUITION: **\$290/month**

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm

Tap 3 (11+yrs): Tues 7:00-7:45pm

Tap 4 (11+yrs): Thurs 7:15-8:00pm

Tap 5 (11+yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 7:15-8:00pm

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm

DANCE CONDITIONING: Tues 6:15-7:00pm

STRETCH: Mon 5:30-6:00pm

STRETCH: Wed 5:30-6:00pm

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro **COMING SOON!**

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

CORE

ENERGY

LOCATION:

NEW COMPANY STUDIO
2601 SPRING STREET
REDWOOD CITY

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Technique, Ballet, Lyrical, Contemporary, Theatre Jazz, Improv

Monday 4:00-6:00pm (Lyrical, Contemporary, Jazz Technique)

Tuesday 4:15-6:15pm (Ballet Conditioning, Ballet, Pre-Pointe/Pointe)

Wednesday 4:15-6:15pm (Theatre Jazz, Ballet)

REQUIRED CLASS TUITION: **\$375/month**

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm (Quarry Rd)

Tap 4 (11+yrs): Thurs 7:15-8:00pm (Quarry Rd)

Tap 5 (11+yrs): Thurs 5:45-6:30pm (Quarry Rd)

BALLET CONDITIONING: Wed 6:15-6:45pm

PREMIER/CORE: HIP HOP & ST JAZZ (10-13yrs): Thurs 5:45-6:30pm (Quarry Rd)

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 5:45-6:30pm (Quarry Rd)

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 7:15-8:00pm (Quarry Rd)

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm (Quarry Rd)

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro **COMING SOON!!**

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

CORE

POWER

LOCATION:
COMPANY STUDIO
2601 SPRING STREET
REDWOOD CITY

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Technique, Ballet, Lyrical, Contemporary, Theatre Jazz, Improv

Monday 6:45-8:45pm (Lyrical, Jazz, Contemporary)

Tuesday 6:15-8:15pm (Technique, Choreo, Improv)

Wednesday 5:45-7:45pm (Jazz, Ballet)

REQUIRED CLASS TUITION: **\$375/month**

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm (Quarry Rd)

Tap 4 (11+yrs): Thurs 7:15-8:00pm (Quarry Rd)

Tap 5 (11+yrs): Thurs 5:45-6:30pm (Quarry Rd)

COLLEGE & AUDITION PREP: Mon 5:15-6:00pm

PREMIER/CORE: HIP HOP & ST JAZZ (13+yrs): Thurs 7:15-8:00pm (Quarry Rd)

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm (Quarry Rd)

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro COMING SOON!

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

ELITE

TEEN

LOCATION:
COMPANY STUDIO
2601 SPRING STREET
REDWOOD CITY

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Technique, Ballet, Contemporary, Theatre Jazz, Improv

Monday 6:45-8:45pm (Contemporary, Choreography, Technique)

Tuesday 6:15-8:15pm (Ballet Conditioning, Ballet Technique)

Wednesday 6:45-8:45pm (Technique, Jazz)

REQUIRED CLASS TUITION: **\$375/month**

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm (Quarry Rd)

Tap 4 (11+yrs): Thurs 7:15-8:00pm (Quarry Rd)

Tap 5 (11+yrs): Thurs 5:45-6:30pm (Quarry Rd)

BALLET CONDITIONING: Wed 6:15-6:45pm

ELITE POINTE: Tues 8:15-9:00pm

COLLEGE & AUDITION PREP: Mon 5:15-6:00pm

ELITE: HIP HOP & ST JAZZ : Thurs 7:15-8:00pm (Quarry Rd)

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm (Quarry Rd)

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro **COMING SOON!**

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

ELITE

ENERGY

LOCATION:
COMPANY STUDIO
2601 SPRING STREET
REDWOOD CITY

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Technique, Ballet, Contemporary, Theatre Jazz, Improv

Monday 6:45-8:45pm (Contemporary, Choreography, Technique)

Tuesday 6:15-8:15pm (Ballet Conditioning, Ballet Technique)

Wednesday 6:45-8:45pm (Jazz/Choreo, Jazz (Wk A) Ballet (Wk B))

REQUIRED CLASS TUITION: \$375/month

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm

Tap 4 (11+yrs): Thurs 7:15-8:00pm

Tap 5 (11+yrs): Thurs 5:45-6:30pm

BALLET CONDITIONING: Wed 6:15-6:45pm

ELITE POINTE: Tues 8:15-9:00pm

COLLEGE & AUDITION PREP: Mon 5:15-6:00pm

ELITE: HIP HOP & ST JAZZ : Thurs 7:15-8:00pm (Quarry Rd)

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm (Quarry Rd)

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro *COMING SOON!*

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

ELITE

POWER

LOCATION:
COMPANY STUDIO
2601 SPRING STREET
REDWOOD CITY

REQUIRED CLASS HOURS:

Includes classes in the following styles: Jazz, Technique, Ballet, Contemporary, Theatre Jazz, Improv

Monday 6:45-8:45pm (Contemporary, Choreography, Technique)

Tuesday 6:15-8:15pm (Ballet Conditioning, Ballet Technique)

Wednesday 6:45-8:45pm (Jazz/Choreo, Ballet (Wk A) Jazz (Wk B))

REQUIRED CLASS TUITION: **\$375/month**

ADDITIONAL CLASSES:

Tap 2 (11+yrs): Thurs 6:30-7:15pm

Tap 4 (11+yrs): Thurs 7:15-8:00pm

Tap 5 (11+yrs): Thurs 5:45-6:30pm

BALLET CONDITIONING: Wed 6:15-6:45pm

ELITE POINTE: Tues 8:15-9:00pm

COLLEGE & AUDITION PREP: Mon 5:15-6:00pm

ELITE: HIP HOP & ST JAZZ : Thurs 7:15-8:00pm (Quarry Rd)

HIP HOP TECHNIQUE & FREESTYLE (13+yrs): Thurs 8:00-8:45pm (Quarry Rd)

ACRO 1/2: Fri 4:45-5:45pm

ACRO 5/6: Fri 5:45-6:45pm

ACRO 3/4: Fri 6:45-7:45pm

Additional Acro **COMING SOON!**

ADDITIONAL CLASS TUITION:

30 MIN CLASS: \$30/month

45 MIN CLASS: \$45/month

60 MIN CLASS: \$55/month

COMPETITION TEAM

REHEARSAL TIMES

TRACK A TEAMS

WEEK A

MON 6:00-6:45PM
ROUND UP!: MINI/JR JAZZ

TUES 6:15-7:00PM
COOL RIDER: TEEN JAZZ

WED 6:00-6:45PM
THE MUSES: TEEN MUSICAL THEATRE

WED 6:00-6:45PM
HEAVY IN YOUR ARMS: SR CONTEMP

THURS 6:30-7:15PM
LASER BEAM: TEEN/SR HIP HOP

WEEK B

MON 6:00-6:45PM
REMEDY: TEEN LYRICAL

TUES 6:15-7:00PM
FELT CUTE: TEEN JAZZ

WED 6:00-6:45PM
STRANGE ADDICTION: SENIOR JAZZ

WED 6:00-6:45PM
DREAM: TEEN CONTEMPORARY

THURS 4:15-5:00PM
SPACE JUNGLE: MINI/JR HIP HOP

THURS 6:30-7:15PM
BUTTERFLY EFFECT: TEEN/SR ST JAZZ

LOCATION:
COMPANY STUDIO
507 QUARRY ROAD
SAN CARLOS

COMPETITION TEAM

REHEARSAL TIMES

TRACK B TEAMS

WEEK A

MON 6:00-6:45PM

KEEP BREATHING: TEEN LYRICAL

MON 6:00-6:45PM

SHIFTING: SR CONTEMP

WED 6:00-6:45PM

LET'S ROCK THIS JOINT: SR HEELS

THURS 5:00-5:45 (Quarry Rd)

SPEED DRIVE: TEEN TAP

THURS 6:30-7:15PM (Quarry Rd)

NDA: SR STREET JAZZ

THURS 8:00-8:45PM (Quarry Rd)

KING OF HEARTS: TN/SR JAZZ

FUNK

LOCATION:

COMPANY STUDIO

2601 SPRING STREET

REDWOOD CITY

WEEK B

MON 6:00-6:45PM

BLACK MASCARA: TEEN/SR JAZZ

MON 6:00-6:45PM

DOGMA: SR CONTEMP

RAIN GURL: SR JAZZ

TUES 5:30-6:15PM

HOUSE PARTY: SENIOR TAP

TUES 6:15-6:45PM

FAIR GAME: TEEN/SR CONTEMP

WED 6:00-6:45PM

WOW: SR JAZZ

THURS 5:00-5:45PM (Quarry Rd)

TIL THE DAWN: TEEN/SR ST JAZZ

THURS 6:30-7:15PM (Quarry Rd)

GASSED UP: SR HIP HOP

THURS 8:00-8:45PM (Quarry Rd)

MODERN MILLIE: TEEN/SR MT

THURS 8:00-8:45PM (Quarry Rd)

KILLING ME SOFTLY: SR JAZZ

DRESS CODE & SHOES

SHOES

SHOES NEEDED FOR REQUIRED HOURS:

PREMIER MINI DANCERS:

Jazz Shoes (Tan for Female Dancers, Black for Male Dancers)

Ballet Shoes (Pink for Female Dancers, Black for Male Dancers)

PREMIER JR, PRE-TEEN, TEEN DANCERS:

Jazz Shoes (Tan for Female Dancers, Black for Male Dancers)

Ballet Shoes (Pink for Female Dancers, Black for Male Dancers)

Half Soles (Tan)

PREMIER SR ENERGY DANCERS &

CORE TEEN, FORCE, SR, ENERGY, POWER DANCERS:

Ballet Shoes (Pink for Female Dancers, Black for Male Dancers)

Half Soles (Tan)

Character Shoes- Black Mary Jane w/ 1.5" heel (Female dancers only, Male dancers can wear black jazz shoes for Musical Theatre)

Jazz Shoes (Tan for Female Dancers, Black for Male Dancers)

ELITE TEEN, ENERGY, POWER DANCERS:

Ballet Shoes (Pink for Female Dancers, Black for Male Dancers)

Half Soles (Tan)

Character Shoes- Tan - So Danca "Lola" Character Shoe w/ 2.5" heel

Jazz Shoes (OPTIONAL)

DRESS CODE & SHOES

ATTIRE

ATTIRE NEEDED FOR REQUIRED HOURS:

PREMIER MINI DANCERS:

Any form fitting active wear.

GIRLS: Leotard or Leotard dress preferred on Ballet days.

BOYS: Shorts and form fitting shirt

PREMIER JR, PRE-TEEN, FORCE, TEEN, SR, ENERGY DANCERS:

Ballet uniform:

Females: Leotard, Ballet Pink Tights, Hair in a bun - When it's cold you can wear a form fitting long sleeve over your leotard.

Males: Black shorts or Boys Black Ballet Tights, Form fitting shirt

Other classes: Any Activewear. Long hair must be pulled back and out of face.

CORE & ELITE DANCERS:

Ballet Uniform

Females: Leotard, Ballet Pink Tights, Hair in a bun - When it's cold you can wear a form fitting long sleeve over your leotard.

Males: Black shorts or Mens Black Ballet Tights, Form fitting white or black shirt.

Other classes: Any Activewear. Long hair must be pulled back and out of face.