

FALL 2025 – SPRING 2026 SCHEDULE

PARENT & Tot – HYBRID (12 months & up) INDEPENDENT CLASSES (18 months & up)



CLASS	DAY	TIME	INSTRUCTOR	STUDIO
PARENT & TOT				
Parent/Tot TUMBLING (Ages 18 mts – 3 Years old)	Tuesday	5:30-6:15	Coach Alex	C
Mommy & Me - Intro to DANCE (12-18 months)	Wednesday	5:15-5:45	Miss Kate	A
Mommy & Me - Intro to DANCE (12-months – 2 years old)	Saturday	10:30-11:00	Miss Kate	A
INDEPENDENT CLASSES (NO Parent Participation) (18 months – 3 years old)				
Creative Dance w/Intro to tap	Wednesday	5:45-6:30	Miss Kate	A
Creative Dance w/Intro to tap	Saturday	11:00-11:45	Miss Kate	A



AGES (3-6) (See Specific Requirements)

CLASS	Specific AGES	DAY	TIME	INSTRUCTOR	STUDIO
Tiny Tot Hip Hop (Level 2) At least 2 years of training.	4-7	Tuesday	5:00-5:45	Miss Daniela	D
Intro to Jazz/Hip Hop (First combo class out of Creative Dance)	3-5	Thursday	5:30-6:15	Miss Danielle	E



AGES (4-8)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	4:30-5:15	Miss Daniela	B
Jazz/Tap	Monday	5:15-6:10	Miss Daniela	B
Pommy POMS Technique (Minimum Age 5 Years Old)	Monday	5:30-6:15	Coach Alex	A
Mini Hip Hop Funk (Minimum Age 7 Years Old)	Monday	6:30-7:25	Miss Daniela	B
Disney Princess Pre-Ballet	Tuesday	4:30-5:25	Miss Destiny	B
Jazz/Hip Hop	Tuesday	5:30-6:25	Miss Destiny	B
Latin Ballroom	Wednesday	6:00-6:30	Miss Lola	C
Pre-Ballet/Jazz	Wednesday	6:30-7:25	Miss Kate	A
Itty Bitty Hip Hop Funk	Thursday	6:15-7:10	Miss Danielle	E
Jazz / Tumbling (1/2) (Minimum Age 6 years old)	Saturday	11:45-12:45	Miss Kate	A



AGES (9-11)

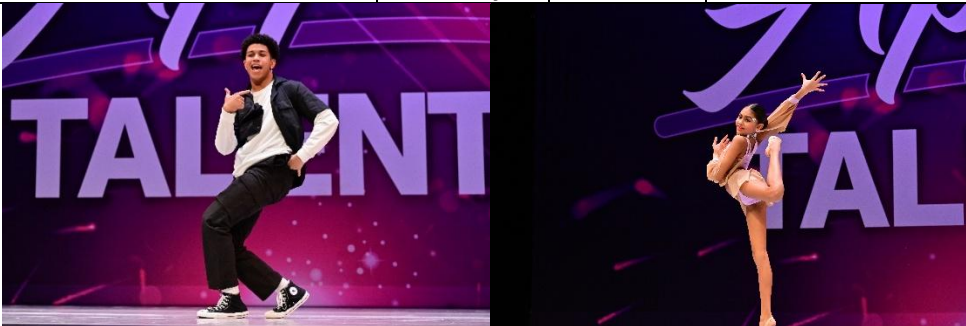
CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Contemporary 1	Monday	8:00-8:45	Miss Daniela	B
Hip Hop 2/3	Tuesday	6:15-7:00	Miss Daniela	D
Hip Hop ½	Tuesday	6:30-7:25	Miss Destiny	B
Intermediate/Advanced Hip Hop 3 Combos	Wednesday	4:30-5:25	Mr. Daniel	B
Intermediate Jazz Technique	Wednesday	5:30-6:25	Miss Danielle	D
Intermediate Advanced Ballroom	Wednesday	8:30-9:15	Gianna/Domas	D
Intermediate Poms Technique	Thursday	4:30-5:15	Coach Alex	A
Jazz 2	Thursday	7:30-8:25	Miss Danielle	A
Jazz / Tumbling (1/2) (Minimum Age 6 years old)	Saturday	11:45-12:40	Miss Kate	A



AGES (12 & UP)

Technique always goes ahead of Age (Instructors will make proper determination of dancer's levels. AGE does NOT automatically place you.

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Contemporary Technique & Combos Intermediate Advanced	Monday	7:45-8:40	Miss Kate	C
Hip Hop ½	Tuesday	6:30-7:25	Miss Destiny	B
Intermediate/Advanced Hip Hop Combos	Wednesday	4:30-5:25	Mr. Daniel	B
Intermediate Jazz Technique	Wednesday	5:30-6:25	Miss Danielle	D
Advanced Jazz Technique	Wednesday	6:30-7:45	Miss Danielle	D
Intermediate Advanced Ballroom	Wednesday	8:30-9:15	Gianna/Domas	D
Advanced Turns	Thursday	7:30-8:15	Miss Kate	C



EXCLUSIVE “ELEVATED” BALLET **PROGRAM**

****If your child is approved for Elevated Ballet - Tuition is an increased price, other than what is listed” ****



with “Kathy Terry-Luzbetak”

This is for the very serious & disciplined dancer – ***BALLET*** is the Foundation of everything dance, this class is intended for serious commitment of technique and must qualify by “Instructor Approval” and follow proper dress code & disciplines. **CLASS REQUIRES INSTRUCTOR EVALUATION!**

CLASS	DAY	TIME	STUDIO
FIERCE TINY			
Ballet Class	Monday	4:30-5:25	D
FIERCE MINI			
Ballet Class	Monday	5:30-6:25	D
Ballet Class	Thursday	5:30-6:25	D
FIERCE JUNIOR 2			
Ballet Class	Monday	7:45-8:40	D
Pre-Pointe – JUNIOR 2 (Add'l Fee Applies)	Monday	8:45-9:30	D
Ballet Class	Thursday	4:30-5:25	D
FIERCE JUNIOR 3 - TEEN			
Ballet Class	Monday	6:45-7:40	D
Ballet Class	Thursday	7:30-8:25	D
POINTE – Per Instructor	Thursday	8:30-9:15	D



BOYS ONLY CLASSES

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
Boys Hip Hop Combos	6 & up	Monday	6:15-7:00	Mr. Miguel	A
Boyz Only Hip Hop	5-8	Tuesday	5:30-6:15	Mr. Flenoyd	A
Boyz Only Hip Hop	9 & up	Tuesday	6:15-7:10	Mr. Flenoyd	A
BOYZ BREAKDANCING	5 & up	Wednesday	5:30-6:25	Mr. Daniel	B
Boyz Only Hip Hop	7 & up	Wednesday	6:30-7:15	Mr. Daniel	B

ADULT ONLY CLASSES

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
Adult Hip Hop	18+	Monday	8:00-8:45	Mr. Miguel	A
Adult Cardio Burn with 80s/90s Hip Hop Music	18+	TBA	TBA	Ms. Kelly	

TUMBLING & ACRO CLASSES



ALL Tumbling Classes are Skilled Base over AGE – The Tumbling Coaches reserve the right to place the students where they are best suited by skills, for growth and injury prevention.

CLASS - Parent & Tot TUMBLE	INSTRUCTOR	DAY	TIME	STUDIO
Ages 12 months – 3 years old	COACH ALEX	Tuesday	5:30-6:15	C

Parent and Tot is the opportunity for you to work directly with your child and introduce him or her to the sport of tumbling. We show you how to use our facility to encourage your child to develop coordination, strength, balance, and agility. The Tumbling room is built for young success so your child will thrive in this class. This class will prepare your child for the Itty Bitty Tumble Program.

CLASS – Toddler Tumble	INSTRUCTOR	DAY	TIME	STUDIO
Independent Class/Hybrid if Coach feels the parent is needed per individual student.				
Basic Tumbling Fundamentals Little or No Experience.	COACH ALEX	Tuesday	6:15-7:00	C
<u>Class Curriculum:</u> -Learn Proper Forward & Back Rolls -Handstand Form -Bridges -Body Positions -Proper Cartwheels -Strength & Condition				

CLASS – Tumbling 1	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	Coach Alex	Thursday	5:30-6:25	C
<u>Class Qualifications:</u> -Mastered Bridge -(10) Second spotted handstand -Proper Cartwheel <u>Class Curriculum:</u> -Bridge Kickover -One Handed Cartwheels -Roundoffs				

CLASS – Tumbling 2	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	Coach Alex	Thursday	6:30-7:25	C
<u>Class Qualifications:</u> -Mastered Bridge -(10) Second spotted handstand -Proper Cartwheel <u>Class Curriculum:</u> -Bridge Kickover -Basis of Back Walkover (assisted/non assisted) -One Handed Cartwheels -Roundoffs				
CLASS – Tumbling 2.5	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1-2) Year Experience	Coach Alex	Tuesday	7:00-7:55	C
<u>Class Qualifications:</u> -Mastered Bridge Kickover -One Handed Cartwheel -Roundoff <u>Class Curriculum:</u> -Front Walkover -Front Limber -Back Walkover				

CLASS – Tumbling 3	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH Alex	Tuesday	8:00-8:55	C
<u>Class Qualifications:</u> -Front Walkover -Front Limber -Back Walkover <u>Class Curriculum:</u> -Aerial Drills -Back Handspring				

CLASS – TEEN Tumble (Ages 12 & up)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH ALEX	Thursday	8:30-9:15	C
<u>Class Qualifications:</u> -Front Walkover -Front Limber -Back Walkover <u>Class Curriculum:</u> -Aerial Drills -Back Handspring				

CLASS – ADVANCED TUMBLING & ACRO	INSTRUCTOR	DAY	TIME	STUDIO
INSTRUCTOR APPROVAL	COACH MIKE	Monday	4:30-5:45	C



LOLALOVE Activewear Official Brand & Sponsor- SOLD in STUDIO and online

FALL 2025 – SPRING 2026

LIVE PERFORMANCES

“SECOND ANNUAL”

Holiday Recital Party

TBA

Wheaton Academy

***ALL Classes will showcase a short FUN Holiday Routine making your own FUN Costumes with Holiday wear. Featuring the Nutcracker from our Elevated Ballet Dancers & some FUN Performances from FIERCE Competitive Team.**

Tickets will be sold separately online

End of Season Summer Recital PRODUCTION

Tentatively Saturday June 13th or June 20th 2026

Date subject to change

ALL Classes wear OFFICIAL Ordered Costumes - this is a HUGE Production!

(Tickets sold separately online)