

FALL 2024 – SPRING 2025 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	5:00-5:30	Ms. Penny	A
Mommy & Me - Intro to DANCE (12-months – 2 years old)	Saturday	10:00-10:30	Miss Kate	B
<u>Independent Classes</u> (18 months – 3 years old)				
Creative Dance	Wednesday	5:30-6:15	Ms. Penny	A
Creative Dance	Saturday	10:30-11:15	Miss Kate	B



AGES (3-5)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Baby Bop Hip Hop	Tuesday	5:00-5:45	Miss Daniela	D
Creative Dance & Intro to Hip Hop	Thursday	5:30-6:15	Miss Danielle	A



AGES (4-8)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	4:45-5:30	Miss Daniela	A
Jazz/Tap	Monday	5:30-6:25	Miss Daniela	A
DISNEY Princess Pre-Ballet	Monday	6:30-7:25	Miss Kate	E
Itty Bitty Hip Hop FUNK	Monday	6:30-7:25	Miss Daniela	B
Intro to POMS & CHEER	Monday	6:30-7:15	Coach Alex	B
Jazz/Hip Hop	Tuesday	6:30-7:25	Miss Destiny	B
Pre-Ballet/Tap	Wednesday	6:15-7:10	Ms. Penny	A
Itty Bitty Hip Hop Funk	Thursday	6:15-7:10	Miss Danielle	A
Jazz / Tumbling (1/2)	Saturday	11:30-12:25	Miss Kate	B



AGES (9-11)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Intermediate Contemporary Floorwork	Monday	6:45-7:45	Mr. Sawyer	C
Intro to Contemporary	Monday	8:00-8:45	Miss Kate	A
Hip Hop ½	Tuesday	7:30-8:25	Miss Destiny	B
Hip Hop 3	Tuesday	6:15-7:15	Miss Daniela	D
Jazz/Contemporary	Tuesday	5:15-6:15	Miss Destiny	B
Hip Hop 2-3	Wednesday	5:30-6:15	Mr. Miguel	B
Poms Technique Level 2/3	Wednesday	4:15-5:10	Coach Alex	C
Jazz/Tap	Wednesday	7:15-8:00	Ms. Penny	A
Jazz/Lyrical	Thursday	7:15-8:10	Miss Danielle	A
Advanced Hip Hop Combos	Thursday	7:30-8:30	Miss Alyssa	B



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
Advanced Contemporary Floorwork	Monday	7:45-8:45	Mr. Sawyer	C
Hip Hop ½	Tuesday	7:30-8:25	Miss Destiny	B
Jazz/Contemporary	Tuesday	5:15-6:15	Miss Destiny	B
Hip Hop ¾ (Advanced)	Tuesday	7:30-8:25	Miss Daniela/Mr. Mikie	D
Contemp-Hop	Wednesday	6:15-7:00	Mr. Miguel	B
Latin Ballroom	Wednesday	8:15-9:10	Miss Kaylee	D
Advanced Hip Hop Combos	Thursday	8:30-9:30	Miss Alyssa	B
Advanced Jazz Funk	Thursday	6:30-7:30	Miss Alyssa	B



EXCLUSIVE “ELEVATED” BALLET **PROGRAM**



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 Baby			
Ballet Class	Monday	4:30-5:30	D
FIERCE Mini			
Ballet Class	Monday	5:30-6:30	D
Ballet Class	Thursday	5:30-6:30	D
FIERCE Junior 2			
Ballet Class	Monday	7:45-8:45	D
	Thursday	6:30-7:30	D
FIERCE Junior 3 / Teen			
Ballet Class	Monday	6:45-7:45	D
	Thursday	7:30-8:30	D



BOYS ONLY CLASSES

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
Boyz Only Hip Hop	5-8	Tuesday	5:30-6:25	Mr. Mikie	A
Boyz Only Hip Hop	9 & up	Tuesday	6:30-7:25	Mr. Mikie	A
Boyz Only Hip Hop	5-10	Wednesday	7:15-8:00	Mr. Miguel	B

ADULT ONLY CLASSES

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
Adult Hip Hop	18+	Wednesday	8:00-8:45	Mr. Miguel	B
Adult Tap	18+	Wednesday	8:00-8:45	Ms. Penny	A

TUMBLING & ACRO CLASSES



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 / 1.5	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	Coach Alex	Tuesday	7:00-7:55	C
<u>Class Qualifications:</u> -Mastered Bridge -(10) Second spotted handstand -Proper Cartwheel <u>Class Curriculum:</u> -Bridge Kickover -One Handed Cartwheels -Roundoffs				
Tumbling Fusion Fundamentals (Level 1/2)	INSTRUCTOR	DAY	TIME	STUDIO
Tumble Skills, Flexibility, Technique	MISS KATE	Saturday	12:30-1:25	D

CLASS – Tumbling 2	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1-2) Year Experience	Coach Alex	Thursday	6:30-7:25	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 (Ages 7-11)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH MIKE	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 Tumbling 3 (Ages 12 & up)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH ALEX	Tuesday	9:00-9:45	C
<u>Class Qualifications:</u> -Front Walkover -Front Limber -Back Walkover <u>Class Curriculum:</u> -Aerial Drills -Back Handspring				

ACRO TRICKS (Must be in Tumbling 3 or 4)	INSTRUCTOR	DAY	TIME	STUDIO
INSTRUCTOR APPROVAL	COACH ALEX	Thursday	4:30-5:30	C

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 2024 – SPRING 2025

LIVE PERFORMANCES

“FIRST ANNUAL”

Holiday Recital Party

Saturday December 7th

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

“20th ANNUAL”

End of Season Summer Recital PRODUCTION

Tentatively Saturday June 21st

Date subject to change

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

(Tickets sold separately online)