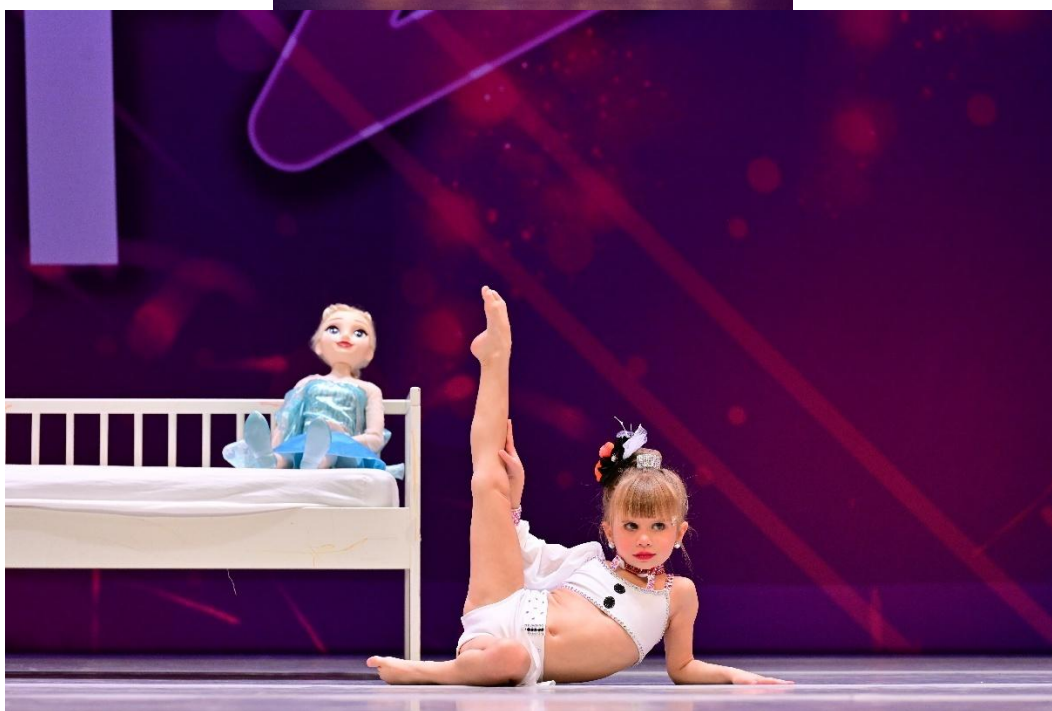


# FALL 2025 – SPRING 2026 SCHEDULE

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



| CLASS  | DAY       | TIME        | INSTRUCTOR | STUDIO |
|--|-----------|-------------|------------|--------|
| <b>PARENT &amp; TOT</b>  |           |             |            |        |
| Parent/Tot TUMBLING<br>(Ages 18 mts – 3 Years old)   | Tuesday   | 5:30-6:15   | Coach Alex | C      |
| Mommy & Me - Intro to DANCE<br>(12-18 months)  | Wednesday | 5:15-5:45   | Miss Kate  | A      |
|  |           |             |            |        |
| Mommy & Me - Intro to DANCE<br>(12-months – 2 years old)   | Saturday  | 10:30-11:00 | Miss Kate  | A      |
|  |           |             |            |        |
| <b>INDEPENDENT CLASSES</b><br><b>(NO Parent Participation)</b><br><b>(18 months – 3 years old)</b> |           |             |            |        |
| 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   |
|--|---------------|-----------------|------------------|----------------------|----------|
| <b>Tiny Tot Hip Hop<br/>(Level 2) At least 2<br/>years of training.</b>        | <b>4-7</b>    | <b>Tuesday</b>  | <b>5:00-5:45</b> | <b>Miss Daniela</b>  | <b>D</b> |
| <b>Intro to Jazz/Hip Hop<br/>(First combo class out<br/>of Creative Dance)</b> | <b>3-5</b>    | <b>Thursday</b> | <b>5:00-5:45</b> | <b>Miss Danielle</b> | <b>A</b> |



## 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      |
| Mini Hip Hop Funk<br>(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      |
| Pommy POMS Technique<br>(Minimum Age 5 Years Old)  | Monday    | 5:30-6:15   | Coach Alex    | A      |
| Pre-Ballet/Jazz                                    | Wednesday | 6:30-7:25   | Miss Kate     | A      |
| Itty Bitty Hip Hop Funk                            | Thursday  | 6:15-7:10   | Miss Danielle | A      |
| Jazz / Tumbling (1/2)<br>(Minimum Age 6 years old) | Saturday  | 11:45-12:45 | Miss Kate     | A      |



## AGES (9-11)

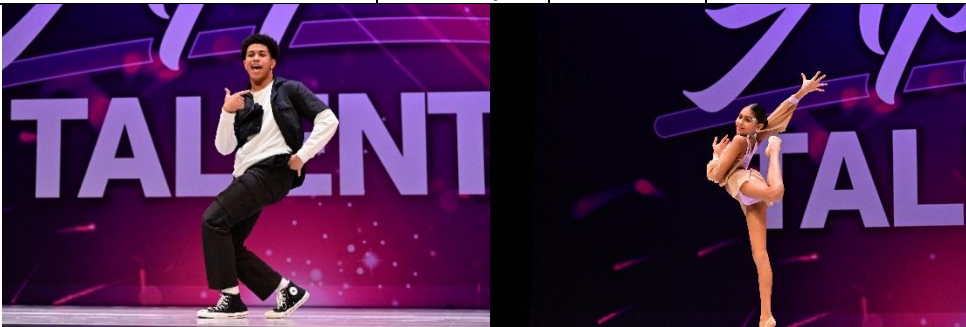
| CLASS  | DAY              | TIME               | INSTRUCTOR           | STUDIO   |
|--|------------------|--------------------|----------------------|----------|
|  |                  |                    |                      |          |
|  |                  |                    |             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



# **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 |
|--|----------|-----------|--------|
| <b>FIERCE TINY</b>                           |          |           |        |
| Ballet Class                                 | Monday   | 4:30-5:25 | D      |
|  |          |           |        |
| <b>FIERCE MINI</b>                           |          |           |        |
| Ballet Class                                 | Monday   | 5:30-6:25 | D      |
| Ballet Class                                 | Thursday | 5:30-6:25 | D      |
|  |          |           |        |
| <b>FIERCE JUNIOR 2</b>                       |          |           |        |
| Ballet Class                                 | Monday   | 7:45-8:40 | D      |
| Pre-Pointe – JUNIOR 2<br>(Add'l Fee Applies) | Thursday | 4:30-5:25 |        |
| Ballet Class                                 | Thursday | 6:30-7:25 | D      |
| <b>FIERCE JUNIOR 3 - TEEN</b>                |          |           |        |
| 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         |     |        |           |            |        |



## 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 |
|---|------------|---------|-----------|--------|
| <b>Independent Class/Hybrid if Coach feels the parent is needed per individual student.</b>   |            |         |           |        |
| Basic Tumbling Fundamentals Little or No Experience.  | COACH ALEX | Tuesday | 6:15-7:00 | C      |
| <u>Class Curriculum:</u><br>-Learn Proper Forward & Back Rolls<br>-Handstand Form<br>-Bridges<br>-Body Positions<br>-Proper Cartwheels<br>-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><br>-Mastered Bridge<br>-(10) Second spotted handstand<br>-Proper Cartwheel<br><u>Class Curriculum:</u><br>-Bridge Kickover<br>-One Handed Cartwheels<br>-Roundoffs |            |          |           |        |

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

| CLASS – TEEN Tumble<br>(Ages 12 & up)  | INSTRUCTOR | DAY     | TIME      | STUDIO |
|--|------------|---------|-----------|--------|
| Minimum (2) Years Experience   | COACH ALEX | Tuesday | 9:00-9:45 | C      |
| <u>Class Qualifications:</u><br>-Front Walkover<br>-Front Limber<br>-Back Walkover<br><br><u>Class Curriculum:</u><br>-Aerial Drills<br>-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

***“FIRST 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 13<sup>th</sup> or June 20<sup>th</sup> 2026**

**\*Date subject to change\***

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

**(Tickets sold separately online)**