	MONE	DAY			TUES	DAY			WEDN	SDAY	
MAIN STUDIO SMALL ROOM	MAIN STUDIO BIG ROOM	SUITE 612 BIG ROOM	SUITE 612 SMALL ROOM	MAIN STUDIO SMALL ROOM	MAIN STUDIO BIG ROOM	SUITE 612 BIG ROOM	SUITE 612 SMALL ROOM	MAIN STUDIO SMALL ROOM	MAIN STUDIO BIG ROOM	SUITE 612 BIG ROOM	SUITE 612 SMALL ROOM
10AM-11AM PRESCHOOL BALLET & JAZZ MS. SUMMER				10AM-11AM PRESCHOOL BALLET & JAZZ MS. TARYN				10AM-11AM PRESCHOOL BALLET & JAZZ MS. SHERINA			
4PM-5PM PRESCHOOL BALLET & JAZZ MS. TARYN	4PM-5PM MINI BALLET MS. LISSET	4PM-5PM JUNIOR BALLET MS. MEGAN	4PM-5PM PRESCHOOL BALLET & JAZZ MS. SHERINA	4PM-5PM MINI BALLET MS. CHRISTINE	4PM-5PM PRE-ACRO MS. ISABEL	4PM-5PM JUNIOR JAZZ MS. RAE	4PM-5PM PRESCHOOL BALLET & JAZZ MS. TARYN	4PM-5PM PRESCHOOL BALLET & JAZZ MS.SUMMER	4PM-5PM MINI TAP MS. TONI	4PM-5PM MICRO MINI COMPANY TURNS & LEAPS MS. TARYN	4PM-5PM JUNIOR HIP HOP MS. SHERINA
5PM-6PM MINI JAZZ MS. TARYN	5PM-6PM PRE-TEEN BALLET MS. MEGAN	5PM-6PM JUNIOR CONTEMPORARY MS. GINA	5PM-6PM MINI BALLET MS. LISSET	5PM-6PM BEGINNER ACRO MS. ISABEL	5PM-6PM MINI BALLET MS. CHRISTINE	5PM-6PM MINI/JUNIOR COMPANY BALLET MR. ALEXEY	5PM-6PM MICRO MINI COMPANY REHEARSAL MS. TARYN	5PM-6PM MINI HIP HOP MS. SHERINA	5PM-6PM JUNIOR TAP MS. GINA	5PM-6PM MINI/JUNIOR COMPANY TURNS & LEAPS MS. TARYN	5PM-6PM MICRO MINI COMPANY ACRO MS. TONI
6PM-7PM TEEN/SENIOR COMPANY TAP MS. GINA	6PM-7PM PRE-TEEN JAZZ MR. DAN	6PM-7PM JUNIOR BALLET MS. LISSET	6PM-7PM MINI/JUNIOR COMPANY BALLET MS. MEGAN	6PM-7PM INTERMEDIATE ACRO MS. ISABEL	6PM-7PM TEEN/SENIOR COMPANY BALLET MR. ALEXEY	6PM-7PM JUNIOR/MICRO BALLET MS. CHRISTINE	6PM-7PM MINI/JUNIOR COMPANY JAZZ MS. ELENA	6PM-7PM	6PM-7PM TEEN/SENIOR COMPANY TURNS & LEAPS MS. TARYN	6PM-7PM PRE-TEEN HIP HOP MS. SHERINA	6PM-7PM MINI/JUNIOR COMPANY TAP MS. TONI
7PM-8PM	7PM-8PM TEEN JAZZ MR. DAN	7PM-8PM TEEN/SENIOR COMPANY BALLET MS. MEGAN	7PM-8PM MINI/JUNIOR COMPANY HIP HOP MR. BEN	7PM-8PM PRE-TEEN BALLET MS. CHRISTINE	7PM-8PM FULL TIME COMPANY ACRO MS. ISABEL	7PM-8PM TEEN TURNS & LEAPS MS. ELENA	7PM-8PM	7PM-8PM TEEN HIP HOP MS. SHERINA	7PM-9PM FULL TIME COMPANY REHEARSAL	7PM-9PM FULL TIME COMPANY REHEARSAL	7PM-8PM PRE-TEEN TAP MS. TONI
8РМ-9РМ	8PM-9PM TEEN CONTEMPORARY MR. DAN	8PM-9PM TEEN/SENIOR COMPANY HIP HOP MR. BEN	8PM-9PM	8PM-9PM ADVANCED ACRO MS. ISABEL	8PM-9PM TEEN/SENIOR COMPANY JAZZ MS. ELENA	8PM-9PM TEEN BALLET MS. CHRISTINE		8PM-9PM TEEN TAP MS. TONI			



2023-2024 SCHEDULE

AUGUST 28TH-JUNE 1ST

CLASS LEVELS

AGE AS OF SEPTEMBER 1, 2023
PRESCHOOL (AGES 3-4)
MINI LEVEL (AGES 5-6)
JUNIOR LEVEL (AGES 7-9)
PRE-TEEN LEVEL (AGES 10-12)
TEEN LEVEL (AGES 13+)
ACRO
COMPANY CLASSES

Must enroll in a ballet classes if taking the following class(es):

Contemporary, Dance Conditioning, Jazz or Turns & Leaps

MS. I	SABEL	MS. CHRIST	INE
MAIN STUDIO SMALL ROOM	MAIN STUDIO BIG ROOM	RSDAY SUITE 612 BIG ROOM	SUITE 612 SMALL ROOM
4PM-5PM MINI HIP HOP MS. KAYLA	4PM-5PM	4PM-5PM JUNIOR JAZZ MS. ELENA	4PM-5PM MICRO MINI COMPANY BALLET MS. ALEXANDRA
5PM-6PM JUNIOR TURNS & LEAPS MS. ELENA	5PM-6PM JUNIOR HIP HOP MS. KAYLA	5PM-6PM PRE-TEEN CONTEMPORARY MR. KAMERON	5PM-6PM MINI/JUNIOR COMPANY BALLET MS. ALEXANDRA
6PM-7PM TEEN BALLET MS. ALEXANDRA	6PM-7PM PRE-TEEN HIP HOP MS. KAYLA	6PM-7PM PRE-TEEN TURNS & LEAPS MS. ELENA	6PM-7PM MINI/JUNIOR COMPANY CONTEMPORARY MR. KAMERON
7PM-8PM PRE-TEEN JAZZ MS. ELENA	7PM-8PM TEEN CONTEMPORARY MR. KAMERON	7PM-8PM TEEN/SENIOR COMPANY BALLET MS. ALEXANDRA	7PM-8PM TEEN HIP HOP MS. KAYLA
	8PM-9PM TEEN JAZZ MS. ELENA	8PM-9PM TEEN/SENIOR COMPANY CONTEMPORARY MR. KAMERON	

FRIDAY							
MAIN STUDIO SMALL ROOM	MAIN STUDIO BIG ROOM	SUITE 612 BIG ROOM	SUITE 612 SMALL ROOM				
4PM-5PM MINI JAZZ MS. TARYN	4PM-5PM JUNIOR BALLET MS. CLAUDIA	4PM-5PM BEGINNING BREAKING MR. MARIO	4PM-5PM MICRO MINI COMPANY TAP MS. GINA				
5PM-6PM MINI BALLET MS. CLAUDIA	5PM-6PM	5PM-6PM ADVANCED BREAKING MR. MARIO	5PM-6PM MICRO MINI COMPANY CHOREO MS. TARYN				
6PM-7PM PRE-TEEN BALLET MS. CLAUDIA		6PM-7PM INTERMEDIATE BREAKING MR. MARIO					

MONTHLY TUITION

1 HOUR - \$80

EACH ADDITIONAL HOUR IS \$65

For example, if your dancer is enrolled in 2 hours of classes per week, your monthly tuition would be \$80 plus \$65 (a total of \$145).

ADDITIONAL PRICING PRIVATE LESSONS CONTACT OFFICE

REGISTRATION FEES					
NEW STUDENT	\$50 PER STUDENT				
RETURNING STUDENT	\$40 PER STUDENT				

SIBLING DISCOUNT	S
TUITION	10% OFF ADDITIONAL CHILD
REGISTRATION	\$10 OFF ADDITIONAL CHILD

MATINEE SHOW	EVENING SHOW
PRESCHOOL CLASSES Monday Preschool @ 10am Monday Preschool @ 4pm (Ms. Taryn) Tuesday Preschool @ 10am Wednesday Preschool @ 10am MINI CLASSES Monday Mini Ballet @ 4pm Monday Mini Ballet @ 5pm Monday Mini Ballet @ 4pm Tuesday Mini Ballet @ 4pm Tuesday Mini Ballet @ 5pm Wednesday Mini Tap Wednesday Mini Hip Hop Thursday Mini Hip Hop Friday Mini Jazz	PRESCHOOL CLASSES Monday Preschool @ 4pm (Ms. Sherina) Tuesday Preschool @ 4pm Wednesday Preschool @ 4pm JUNIOR CLASSES Monday Junior Ballet @4pm Monday Junior Contemporary Monday Junior Ballet @ 6pm Tuesday Junior Jazz Tuesday Junior/Micro Ballet Wednesday Junior Hip Hop Wednesday Junior Tap Thursday Junior Jazz Thursday Junior Hip Hop Friday Junior Ballet
PRE-TEEN CLASSES Monday Pre-Teen Ballet Monday Pre-Teen Jazz Tuesday Pre-Teen Ballet Wednesday Pre-Teen Hip Hop Wednesday Pre-Teen Tap Thursday Pre-Teen Contemporary Thursday Pre-Teen Hip Hop Thursday Pre-Teen Jazz Friday Pre-Teen Ballet FULL-TIME COMPANY TBA	TEEN CLASSES Monday Teen Jazz Monday Teen Contemporary Tuesday Teen Ballet Wednesday Teen Hip Hop Wednesday Teen Tap Thursday Teen Ballet Thursday Teen Contemporary Thursday Teen Jazz MICRO MINI COMPANY Micro Mini Jazz Micro Mini Tap FULL-TIME COMPANY TBA

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PRESCHOOL LEVEL (AGES 2 1/2 - 3) - NEW***

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
MONDAY 10AM - 11AM	BALLET & JAZZ WITH MS. SUMMER	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE POTTY TRAINED

PRESCHOOL LEVEL (AGES 3-4)

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
MONDAY 4PM-5PM	BALLET & JAZZ WITH MS. TARYN	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE POTTY TRAINED
MONDAY 4PM-5PM	BALLET & JAZZ WITH MS. SHERINA	SUITE 612 - SMALL ROOM	EVENING	MUST BE POTTY TRAINED
TUESDAY 10AM-11AM	BALLET & JAZZ WITH MS. TARYN	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE POTTY TRAINED
TUESDAY 4PM - 5PM	BALLET & JAZZ WITH MS. TARYN	SUITE 612 - SMALL ROOM	EVENING	MUST BE POTTY TRAINED
WEDNESDAY 10AM - 11AM	BALLET & JAZZ WITH MS. SHERINA	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE POTTY TRAINED
WEDNESDAY 4PM-5PM	BALLET & JAZZ WITH MS. SUMMER	MAIN STUDIO - SMALL ROOM	EVENING	MUST BE POTTY TRAINED

MINI (AGES 5-6)

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
MONDAYS 4PM-5PM	BALLET WITH MS. LISSET	MAIN STUDIO - BIG ROOM	MATINEE	-
MONDAYS 5PM-6PM	BALLET WITH MS. LISSET	SUITE 612 - SMALL ROOM	MATINEE	-
MONDAYS 5PM-6PM	JAZZ WITH MS. TARYN	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
TUESDAY 4PM-5PM	BALLET WITH MS. CHRISTINE	MAIN STUDIO - SMALL ROOM	MATINEE	-
TUESDAY 5PM-6PM	BALLET WITH MS. CHRISTINE	MAIN STUDIO - BIG ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
WEDNESDAY 4PM-5PM	TAP WITH MS. TONI	MAIN STUDIO - BIG ROOM	MATINEE	-
WEDNESDAY 5PM-6PM	HIP HOP WITH MS. SHERINA	MAIN STUDIO - SMALL ROOM	MATINEE	-
THURSDAY 4PM-5PM	HIP HOP WITH MS. KAYLA	MAIN STUDIO - SMALL ROOM	MATINEE	-
FRIDAY 4PM-5PM	JAZZ WITH MS. TARYN	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
FRIDAY 5PM-6PM	BALLET WTH MS. CLAUDIA	MAIN STUDIO - SMALL ROOM	MATINEE	-

JUNIOR (AGES 7-9)

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
MONDAY 4PM-5PM	BALLET WITH MS.MEGAN	SUITE 612 - BIG ROOM	EVENING	-
MONDAY 5PM-6PM	CONTEMPORARY WITH MS. GINA	SUITE 612 - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS
MONDAY 6PM-7PM	BALLET WITH MS. LISSET	SUITE 612 - BIG ROOM	EVENING	-
TUESDAY 4PM-5PM	JAZZ WITH MS. RAE	SUITE 612 - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS
TUESDAY 6PM-7PM	BALLET WITH MS. CHRISTINE	SUITE 612 - BIG ROOM	EVENING	-
WEDNESDAY 4PM-5PM	HIP HOP WITH MS. SHERINA	SUITE 612 - SMALL ROOM	EVENING	-
WEDNESDAY 5PM-6PM	TAP WITH MS. GINA	MAIN STUDIO - BIG ROOM	EVENING	-
THURSDAY 4PM-5PM	JAZZ WITH MS. ELENA	SUITE 612 - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS
THURSDAY 5PM-6PM	HIP HOP WITH MS. KAYLA	MAIN STUDIO - BIG ROOM	EVENING	-
THURSDAY 5PM-6PM	TURNS & LEAPS WITH MS. ELENA	MAIN STUDIO - SMALL ROOM	N/A	MUST BE ENROLLED IN A BALLET CLASS - Have at least one year of ballet and jazz training - Ability to straighten knees and point feet consistently without instruction - Execute left and right pirouettes and left and right grande jetes
FRIDAY 4PM - 5PM	BALLET WITH MS. CLAUDIA	MAIN STUDIO - BIG ROOM	EVENING	-

PRE-TEEN (AGES 10-12)

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
MONDAY 5PM-6PM	BALLET WTH MS. MEGAN	MAIN STUDIO - BIG ROOM	MATINEE	-
MONDAY 6PM-7PM	JAZZ WITH MR. DAN	MAIN STUDIO - BIG ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
TUESDAY 7PM-8PM	BALLET WITH MS. CHRISTINE	MAIN STUDIO - SMALL ROOM	MATINEE	-
WEDNESDAY 6PM-7PM	HIP HOP WITH MS. SHERINA	SUITE 612 - BIG ROOM	MATINEE	-
WEDNESDAY 7PM-8PM	TAP WITH MS. TONI	SUITE 612 - SMALL ROOM	MATINEE	-
THURSDAY 5PM-6PM	CONTEMPORARY WITH MR. KAMERON	SUITE 612 - BIG ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
THURSDAY 6PM-7PM	HIP HOP WITH MS. KAYLA	MAIN STUDIO - BIG ROOM	MATINEE	-
THURSDAY 6PM-7PM	TURNS & LEAPS WITH MS. ELENA	SUITE 612 - BIG ROOM	N/A	MUST BE ENROLLED IN A BALLET CLASS - Have at least one year of ballet and jazz training - Ability to straighten knees and point feet consistently without instruction - Strong foundation of left and right leg extensions, chainee turns, and pique turns - Execute left and right pirouettes and left and right grande jetes with straight legs
THURSDAY 7PM-8PM	JAZZ WITH MS. ELENA	MAIN STUDIO - SMALL ROOM	MATINEE	MUST BE ENROLLED IN A BALLET CLASS
FRIDAY 6PM-7PM	BALLET WTH MS. CLAUDIA	MAIN STUDIO - BIG ROOM	MATINEE	-

TEEN (AGES 13+)

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT	
MONDAY 7PM-8PM	JAZZ WITH MR. DAN	MAIN STUDIO - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS	
MONDAY 8PM-9PM	CONTEMPORARY WITH MR. DAN	MAIN STUDIO - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS	
TUESDAY 7PM-8PM	TURNS & LEAPS WITH MS. ELENA	SUITE 612 - BIG ROOM	N/A	MUST BE ENROLLED IN A BALLET CLASS - Double pirouettes on both sides - Splits into both sides - Leaps with straight legs and pointed feet - Properly executed variation of right and left leg extensions - Properly executed chainee turns on both sides - Properly executed pique turns on both sides - A strong foundation of fouette turns, leg turns, side leaps and tilt jumps	
TUESDAY 8PM-9PM	BALLET WITH MS. CHRISTINE	SUITE 612- BIG ROOM	EVENING	-	
WEDNESDAY 7PM-8PM	HIP HOP WITH SHERINA	SUITE 612 - BIG ROOM	EVENING		
WEDNESDAY 8PM-9PM	TAP WITH MS. TONI	SUITE 612 - BIG ROOM	EVENING	-	
THURSDAY 6PM-7PM	BALLET WITH MS. ALEXANDRA	MAIN STUDIO - SMALL ROOM	EVENING	-	
THURSDAY 7PM-8PM	CONTEMPORARY WITH MR. KAMERON	MAIN STUDIO - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS	
THURSDAY 7PM-8PM	HIP HOP WITH MS. KAYLA	SUITE 612- SMALL ROOM	EVENING	-	
THURSDAY 8PM-9PM	JAZZ WITH MS. ELENA	MAIN STUDIO - BIG ROOM	EVENING	MUST BE ENROLLED IN A BALLET CLASS	

BREAKING CLASSES

DAY/TIME	CLASS	ROOM	SHOWCASE	ENROLLMENT REQUIREMENT
FRIDAY 4PM-5PM	BEGINNER BREAKING WITH MR. MARIO	SUITE 612 - BIG ROOM	MATINEE	-
FRIDAY 5PM-6PM	ADVANCED BREAKING WITH MR. MARIO	SUITE 612 - BIG ROOM	EVENING	- MUST HAVE AT LEAST 2-3 YEARS OF BREAKING
FRIDAY 6PM-7PM	INTERMEDIATE BREAKING WITH MR. MARIO	SUITE 612 - BIG ROOM	EVENING	- MUST HAVE AT LEAST 1 YEAR OF BREAKING EXPERIENCE

REMINDERS

- -ALL AGES ARE AS OF SEPTEMBER 1ST, 2023
- -ALL CLASSES EXCEPT FOR ACRO AND TURNS AND LEAPS WILL BE PARTICIPATING IN THE SHOWCASE
- -MINI AND PRE-TEEN CLASSES WILL BE IN THE MATINEE SHOW
- -JUNIOR AND TEEN CLASSES WILL BE IN THE EVENING SHOW
- -BEGINNER BREAKING WILL BE IN THE MATINEE AND INT. AND ADV. WILL BE IN THE EVENING SHOW
- -MICRO MINI DANCES WILL BE IN THE EVENING SHOW
- -FULL-TIME COMPANY DANCES FOR THE SHOWCASE WILL BE ANNOUNCED LATER IN THE SEASON



SKILL AND TECHNIQUE BASED CLASSES

Acro and Turns & Leaps classes require a specific level of strength, flexibility, body placement, and body awareness. It is vital that dancers are placed in the correct classes based on experience and ability to avoid possible injuries. Each class has a list of required skills for each level, and in order for a dancer to be placed in a specific level, he/she must have all of the skills on the list with proper technique. If a dancer enrolls in a level and eventually gains all of the skills in that class and is able to move to the next level, the dancer and parent will be notified, and they can move levels if they would like to. This opportunity of moving up will be available during the entire season.

If your dancer is registering for an Acro or Turns & Leaps class, please be prepared and open to possibly switch classes if skills have or have not been attained for that class.

If your dancer does not meet the requirements of their age, we recommend private lessons to help guide them towards their goals!

ACRO CLASSES

LEVELS

MUST HAVE THE FOLLOWING **SKILLS TO REGISTER**

PRE ACRO

TUESDAY 4PM-5PM WITH MS. ISABEL LOCATION: MAIN STUDIO - BIG ROOM

BEGINNER ACRO 6PM-7PM

TUESDAY 5PM-6PM WITH MS. ISABEL LOCATION: MAIN STUDIO - SMALL ROOM

- Forward Roll

No skills or experience required.

Learning basic fundamentals of acro.

- Backward Roll
- Cartwheel
- Handstand
- Bridge
- Headstand

INTERMEDIATE ACRO

TUESDAY 6PM-7PM WITH MS. ISABEL LOCATION: MAIN STUDIO - SMALL ROOM

- All required skills for Beginner Acro - Handstand

- Cartwheel from knee
- One Hand Cartwheel
- Front Limber - Back Walkover
- Front Walkover
- Chest Stand - Forearm Stand
- Fish Roll
- Dolphin Roll
- Hurdle Round-Off

ADVANCED ACRO

TUESDAY 8PM-9PM WITH MS. ISABEL LOCATION: MAIN STUDIO - SMALL ROOM

- All required skills for Intermediate Acro
- Front & Back Walkovers from knees
- Side/Front Aerial
- Tick Tock
- Valdez
- Scorpion/Needle
- Straddle Press to Handstand
- Back/Front Handspring
- Must be able to connect tumbling passes

TURNS & LEAPS CLASSES

LEVELS REQUIREMENTS - At least one year of ballet and jazz training **JUNIOR LEVEL** - Ability to straighten knees and point feet consistently without instruction Execute left and right pirouettes and left and right grande letes **THURSDAY 5PM-6PM** WITH MS. ELENA LOCATION: MAIN STUDIO -SMALL ROOM At least one year of ballet and jazz training PRE-TEEN LEVEL Ability to straighten knees and point feet consistently without instruction Strong foundation of left and right leg extensions, chainee turns, and pique **THURSDAY 6PM-7PM** Execute left and right pirouettes and left and right grande jetes with straight WITH MS. ELENA LOCATION: SUITE 612 - BIG - Double pirouettes on both sides TFFN I FVFL Splits into both sides - Leaps with straight legs and pointed feet - Properly executed variation of right and left leg extensions TUESDAY 7PM-8PM Properly executed chainee turns on both sides WITH MS. ELENA Properly executed pique turns on both sides LOCATION: SUITE 612- BIG - A strong foundation of fouette turns, leg turns, side leaps and tilt jumps

BREAKING CLASSES

LEVELS REQUIREMENTS Little to no experience in breaking **BEGINNER LEVEL** Intro to Fundamentals and Basics Baby Freezes FRIDAY 4PM - 5PM Six Step Choreography WITH MR. MARIO Basic Footwork LOCATION: SUITE 612 BIG ROOM At least one year of breaking experience INTERMEDIATE Top Rock - Cartwheels LEVEL 3 Second Handstands - 3 Second Frog Freezes 3 Second Headstands FRIDAY 6PM - 7PM - Bridges WITH MR. MARIO Intro to Freeze Stacking LOCATION: SUITE 612 - BIG ROOM At least 2-3 years of breaking experience ADVANCED LEVEL Mastering Top Rock Freeze Stacking FRIDAY 5PM - 6PM Power Moves 5 Second Handstands WITH MR. MARIO 5 Second Frog Freezes **LOCATION: SUITE 612- BIG** ROOM 5 Second Headstands 1 Legged Bridges