

A FROST DANCE

E X P E R I E N C E

Northcrest Plaza – 184 Marina Blvd.
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2018/2019 SCHEDULE

a personalized dance experience in an exciting and encouraging environment

	London	5:00 – 6:00 Junior Acro (6-8)	6:00 – 7:00 Intermediate Acro	7:00 – 8:00 Int/Advanced Acro	8:00 – 9:00 Zumba		
MONDAY	New York	4:00 – 5:00 Senior 3,4 Jazz	5:00 – 5:30 Senior 3,4 Jazz Comp	5:30 – 6:30 Grade 5 Ballet	6:30 – 7:00 Grade 5 Ballet Comp	7:15 – 8:15 Advanced 2 Ballet	8:15 – 8:45 Advanced Pointe
	Paris	4:00 – 5:00 Intermediate 3,4 Contemporary	5:00 – 5:30 Int 3,4 Contemporary Comp	6:00 – 6:45 Competitive Stretch & Strength	6:45 – 7:45 Senior 1,2 Jazz	7:45 – 8:15 Sr 1,2 Jazz Comp	
	London	4:15 – 5:15 Intermediate 1,2 Jazz	5:15 – 5:45 Int 1,2 Jazz Comp	6:00 – 7:00 Intermediate 1,2 Contemporary	7:00 – 7:30 Int 1,2 Contemporary Comp	7:30 – 8:30 Senior 3,4 Musical Theatre	8:30 – 9:00 Senior 3,4 Musical Theatre Comp
TUESDAY	New York	4:00 – 5:00 Intermediate Ballet	5:00 – 5:30 Intermediate Ballet Comp	5:30 – 6:00 Beginner Pointe	6:00 – 7:00 Senior Tap	7:00 – 7:30 Senior Tap Comp	
	Paris	4:00 – 5:00 Teen Tap	5:00 – 5:45 Junior 1,2 Hip Hop (6,7)	5:45 – 6:30 Junior 3,4 Tap (8,9)	6:30 – 7:15 Junior 3,4 Hip Hop (8,9)	7:30 – 8:30 Advanced Acro	
	London	4:00 – 5:00 Intermediate 3,4 Hip Hop	5:00 – 5:30 Int 3,4 Hip Hop Comp	5:30 – 6:00 Mini Hip Hop (5)	6:00 – 7:00 Teen Ballet	7:00 – 8:00 Senior 1,2 Hip Hop	8:00 – 8:30 Senior 1,2 Hip Hop Comp
WEDNESDAY	New York	4:00 – 5:00 Junior 3,4 Ballet (8-10)	5:00 – 5:30 Twirling Tots (3)	5:30 – 6:30 Senior 3,4 Contemporary FULL	6:30 – 7:00 Senior 3,4 Contemporary Comp	7:15 – 8:15 Advanced 1 Ballet	8:15 – 8:45 Advanced 1 Ballet Comp
	Paris	4:00 – 5:00 Intermediate Foundation Ballet	5:00 – 5:45 Creative Movement (4,5) FULL	5:45 – 6:45 Junior 3,4 Jazz (8,9)	6:45 – 7:15 Junior 3,4 Jazz Comp	7:15 – 8:15 Intermediate 3,4 Jazz	8:15 – 8:45 Intermediate 3,4 Jazz Comp
	London		5:00 – 5:45 Creative Movement (4,5)		6:00 – 7:00 Teen Jazz/Contemporary	7:00 – 8:00 Senior 3,4 Hip Hop	8:00 – 8:30 Senior 3,4 Hip Hop Comp
THURSDAY	New York	4:00 – 5:00 Intermediate/Senior Tap	5:00 – 5:30 Int/Sr Tap Comp	5:30 – 6:15 Junior 1,2 Ballet (6,7)	6:15 – 7:00 Junior 1,2 Tap (6,7)	7:15 – 8:15 Intermediate Tap	
	Paris		5:00 – 5:45 Junior 4 Lyrical (8,9)	5:45 – 6:45 Intermediate 3,4 Musical Theatre	6:45 – 7:15 Int 3,4 Musical Theatre Comp	7:15 – 8:15	
	London	4:00 – 5:00 Intermediate 1,2 Hip Hop	5:00 – 5:45 Junior Jazz/Hip Hop (6-8) FULL	5:45 – 6:45 Junior Musical Theatre	6:45 – 7:45 Intermediate 1,2 Musical Theatre	7:45 – 8:15 Int 1,2 Musical Theatre Comp	
FRIDAY	New York	4:00 – 5:00 Senior 1,2 Musical Theatre	5:00 – 5:30 Senior 1,2 Musical Theatre Comp	5:30 – 6:15 Junior 1,2 Jazz (6,7)	6:15-6:45 Junior 1,2 Jazz Comp	7:00 – 8:00 Senior 1,2 Contemporary	8:00 – 8:30 Senior 1,2 Contemporary Comp
	Paris						
	London	9:30 – 10:15 FULL Creative Movement (4,5)	10:15 – 10:45 Mini Jazz (4,5)	11:00 – 11:30 Twirling Tots (3)	11:30 – 12:15 Junior 3 Ballet (7,8)	12:15 – 12:45 Junior 3 Ballet Comp	
SATURDAY	New York	9:30 – 10:15 Jr 1,2 Ballet (6,7) FULL	10:15 – 10:45 Junior 1,2 Ballet Comp	11:00 – 11:30 Mini Tap (5)	11:30 – 12:30 Junior 4 Ballet (8-10)	12:30 – 1:00 Junior 4 Ballet Comp	
	Paris						

Schedule is subject to change