



## DANCE ATHLETICS PLANO

# SUMMER 2024 CLASS SCHEDULE

### MONDAYS

- 4:30 PM **MINI/YOUTH LEAPS + TURNS**  
TINY/MINI LYRICAL
- 5:30 PM **JUNIOR/SENIOR STRENGTH +  
CONDITIONING**  
YOUTH/JUNIOR BALLET  
TINY/MINI ACRO
- 6:30 PM **SENIOR BALLET**  
YOUTH/JUNIOR LEAPS + TURNS
- 7:30 PM **SENIOR TECHNIQUE + COMBO  
(1.5 HRS)**  
YOUTH/JUNIOR JAZZ

### TUESDAYS

- 3:30 PM **TEAM REHEARSALS**
- 4:30 PM **TEAM REHEARSALS**  
TINY/MINI JAZZ  
YOUTH/JUNIOR ACRO
- 5:30 PM **SENIOR LEAPS + TURNS**  
TINY/MINI BALLET  
YOUTH/JUNIOR STRENGTH +  
CONDITIONING
- 6:30 PM **SENIOR JAZZ**  
YOUTH/JUNIOR CONTEMPORARY +  
LYRICAL  
AERIALS
- 7:30 PM **SENIOR CONTEMPORARY + LYRICAL**  
YOUTH/JUNIOR POM
- 8:30 PM **ADULT HEELS**

### WEDNESDAYS

- 4:30 PM **TINY/MINI HIP HOP**
- 5:30 PM **SENIOR LEAPS + TURNS**  
YOUTH/JUNIOR HIP HOP  
AERIALS (5:45 PM - 45 MINS)
- 6:30 PM **TEAM REHEARSALS**  
SENIOR POM  
HIP HOP TRICKS (45 MINS)
- 7:30 PM **TEAM REHEARSALS**  
COLLEGE PREP (1.5 HRS)
- 8:30 PM **TEAM REHEARSALS**

### THURSDAYS

- 3:30 PM **TEAM REHEARSALS**
- 4:30 PM **TEAM REHEARSALS**  
TINY/MINI TAP
- 5:30 PM **STRENGTH + CONDITIONING (5:45 -  
45MINS)**  
BEGINNER/INTERMEDIATE TAP  
SENIOR ACRO
- 6:30 PM **SENIOR HIP HOP**  
ADVANCED TAP
- 7:30 PM **SENIOR TECHNIQUE + COMBO (1.5  
HRS)**  
ADULT HIP HOP

- BLUE STUDIO
- GREY STUDIO
- CLASS GYM WEST

TO ENROLL, VISIT:

[HTTPS://APP.ICLASSPRO.COM/PORTAL/CHEERATHLETICSPLANO/CLASSES?PROGRAMS=84](https://app.iclasspro.com/portal/cheerathleticsplano/classes?programs=84)