

# Conditioning Classes

**2020-21 Season**

**All Levels**

**Ages 7 & up**

**Flexibility Classes**

**Junior Level Ages 7-11yrs**

**Thursdays 5:15-6:10pm**

**Intermediate/Advanced Level Ages 12 up**

**Wednesdays 8:15-9:10pm**

**PBT Classes (Progressive Ballet Technique)**

**Junior Level Ages 7-11 yrs**

**Mondays 7:15-8:10pm**

**Intermediate/Advanced Level Ages 12 up**

**Wednesdays 7:15-8:10pm**

**Pilates For Dancers All Ages 7 up**

**Fridays 7:15-8:10pm**



**CORE DYNAMICS**  
**PILATES & DANCE**