

CONDITIONING CLASSES 2024-25 SEASON

Junior PBT/ Flexibility (ages 7-12)

Tuesdays 7:15-7:45pm

Active/Isolated Stretch Tech (ages 10+)

Tuesdays 7:15-8:10pm

Pointe Conditioning (ages 12+)

Fridays 4:15-5:10pm

Turns & Progressions

(for dancers in Accelerated Grade 3 Ballet or
higher and Just 4 Dance Jazz - Teens)

Fridays 7:15- 8:10pm

