

# Dance Xone Extreme 2018 – 2019 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 a.m.	<p><b>*Company</b> Requires a recommendation, prerequisite, and/or audition.</p> <p><b>**New Adult Co.</b> Requires audition.</p> <p><b>***Schedule Varies</b> Students will receive schedule each semester.</p>	10:00 – 11:00 a.m. <b>Mommy &amp; Me Yoga</b>	10:00 – 11:00 a.m. <b>Women's Fitness</b>			10:30 – 11:15 a.m. <b>Ballet/Tap Ages 5–6</b> Petite Combo Level 2
11:00 a.m.						11:15 – 11:45 a.m. <b>*Little Extras Perf.</b>
12:00 p.m.						11:45 – 12:30 p.m. <b>Ballet/Tap Ages 3–4</b> Petite Combo Level 1
2:00 p.m.	2:00 – 2:45 p.m. <b>Ballet &amp; Tap</b> Ages 3–4					
3:00 p.m.						
4:00 p.m.	4:00 – 4:45 p.m. <b>*Jr. Co. Lyrical</b> 7th – 9th grade	4:00 – 4:45 p.m. <b>Adv. Teen Dance</b> Jazz/Lyrical/Hip Hop	4:00 – 4:45 p.m. <b>***Conditioning</b>		4:00 – 4:45 p.m. <b>***Conditioning</b>	
5:00 p.m.	4:45 – 5:30 p.m. <b>*Advanced Ballet</b>	4:45 – 5:30 p.m. <b>Yo. Jazz Level 3–4</b> Ages 8–12	4:45 – 5:30 p.m. <b>Yo. Hip Hop</b> Ages 8–12	4:45 – 5:30 p.m. <b>Yo. Ballet/Tap Level 2</b> Ages 5–7	4:45 – 5:30 p.m. <b>Yo. Musical Theater</b> Ages 7–12	
6:00 p.m.	5:30 – 6:15 p.m. <b>*Pointe</b>	5:30 – 6:15 p.m. <b>Yo. Ballet Level 4</b>	5:30 – 6:15 p.m. <b>*Yo. Co. Lyrical</b>	5:30 – 6:15 p.m. <b>*Co. Hip Hop</b>	5:30 – 6:15 p.m. <b>Yo. Ballet/Tap Level 3</b> Ages 7–12	
7:00 p.m.	6:15 – 7:45 p.m. <b>*Sr. Perf. Company</b> 10th – 12th grade	6:15 – 7:00 p.m. <b>Yo. Tap Level 4</b> Ages 9–12	6:15 – 7:15 p.m. <b>*Co. Musical Theater</b>	6:15 – 7:00 p.m. <b>*Sr. Co. Tap</b>	6:15 – 7:15 p.m. <b>*Yo. Company</b>	
8:00 p.m.	7:45 – 9:15 p.m. <b>**Expressions Co.</b>	7:00 – 8:00 p.m. <b>*Excel Co.</b>	7:15 – 8:30 p.m. <b>*Jr. Company</b> 7th – 9th grade	7:00 – 7:45 p.m. <b>*Sr. Co. Contemp</b>		
9:00 p.m.		8:00 – 9:00 p.m. <b>***Choreography</b>		7:45 – 8:45 p.m. <b>Women's DanceFit</b> Fitness Class		
						<b>SUNDAY</b> 7:00 – 8:00 p.m. <b>Adult Yoga</b>



*Where every dance beat comes from the heart!*

