

CAROLINA DANCE CENTER

Fall Spring Schedule 2022-2023 (Beginning November 1, 2022)

| Monday | | | | | | Tuesday | | | | | | Wednesday | | | | | | |
|--|---|--|---|--|---|---|--|--|---|--|--|---|--|--|---|---|---|---|
| Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | |
| | | | | | | Dance With Me (18 mos - 3 yrs) 9:30-10:15 Missy | Adult Fitness Danz Insanity 9:45-10:30 Blaire | | | | | | | | | | | |
| | | | | | | JOY CLUB (3-5 yrs) 10:15-11:00 Missy | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | |
| | Power Co. SPIRIT A Jazz/Cont Choreo 4:15-5:00 Danielle | | | | | | | Hollywood Stars Jazz & Hip Hop (3-4 yrs) 3:45-4:30 Sara | JOY CLUB (ages 15+) 3:30-4:30 Missy | | | Broadway Kids Ballet & Tap (3-4 yrs) 3:30-4:15 Lindsay | Acro Advanced Teen 3:30-4:15 Danielle | Tap 1 (6-9 yrs) 4:15-5:00 Sara | | | | |
| | Hip Hop Adv Beg 5:00-5:45 Danielle | Tap Int/Adv C 3:45-4:45 Carina (*) | | Pre-Ballet (3-4 yrs) 4:00-4:45 Lindsay | | Ballet 1 (6-9 yrs) 4:15-5:15 Jennifer | Jazz 2 4:15-5:15 Danielle | Tap Basics for Adv Dancers 12+ (no recital) 4:30-5:15 Sara | Junior CGE Company Class 4:30-5:15 Missy | | Ballet Prep 2 4:15-5:15 Patty (*) | Ballet & Tap (5-7 yrs) 4:30-5:15 Missy NEW CLASS | Acro Int/Adv B 4:15-5:15 Danielle | Tap, Jazz, & Hip Hop (5-7 yrs) 5:00-6:00 Sara | | | | Ballet Prep 4 4:15-5:15 Jennifer/Lindsay (*) |
| Ballet Int/Adv 4:30-5:30 Jennifer (*) | Ballet Prep 4 5:45-6:45 Adie (*) | Broadway Kids Ballet & Tap (3-4 yrs) 4:45-5:30 Missy | Jazz & Contemp Apprentice 4:15-5:30 Adie (*) | Pre-Ballet (5-6 yrs) 4:45-5:30 Lindsay | Ballet 1 (6-9 yrs) 4:30-5:30 Patty | Ballet 2 5:15-6:15 Jennifer | Acro Beg (6-10 yrs) 5:15-6:00 Danielle | Tap & Hip Hop (5-7 yrs) 5:15-6:00 Sara | Jazz & Contemp Prep 2 5:15-6:15 Missy (*) | Ballet Advanced 4:15-5:30 Lindsay (*) | Ballet Pre-Pro B&C 5:15-6:45 Patty (*) | Jazz & Contemp Int/Adv B 5:15-6:15 Missy (*) | Jazz & Contemp Int B 5:15-6:15 Danielle (*) | Jazz 1 (9-13 yrs) 6:00-6:45 Sara | Ballet Prep 3 4:15-5:15 Jennifer/Lindsay (*) | Ballet Int/Adv 4:15-5:15 Adie (*) | Ballet Pre-Pro A Pointe 5:15-6:15 Jennifer (*) | |
| Ballet Apprentice A 5:30-6:30 Jennifer (*) | Jazz & Contemp Int/Adv B 6:45-7:45 Danielle (*) | JOY CLUB (ages 6-10) 5:30-6:15 Missy | PBT Pre-Pro A, B and C 5:45-6:15 Kai | Ballet Apprentice B 5:30-6:30 Lindsay (*) | Ballet Prep 3 5:30-6:30 Patty (*) | Ballet Technique & Conditioning Ages 12+ 6:15-7:00 Kai (no recital) | Jazz 1 (6-9 yrs) 6:00-6:45 Danielle | Tap Intermediate 6:00-7:00 Carina | JOY CLUB (ages 11-14) 6:15-7:00 Missy | Ballet Apprentice A 5:30-6:45 Lindsay (*) | Hip Hop Pre-Pro 6:45-7:45 Jose (**) | Mini CGE Company Class 6:15-7:00 Missy | Jazz Int A 6:30-7:30 Danielle (*) | Hip Hop (8-12 yrs) 6:45-7:30 Staci | Ballet Pre-Pro B & C 5:30-7:00 Lindsay (*) | Ballet Advanced Pre-Pro A 5:30-7:00 Kimberlyn (*) | Ballet Apprentice B Pointe 6:15-7:15 Jennifer (*) | |
| Jazz & Contemp Int B 6:45-7:45 Missy (*) | Power Co. SPIRIT B Jazz/Cont Choreo 7:45-8:30 Danielle | Tap 2 6:15-7:00 Carina | Ballet Pre-Pro B&C (partnering 1st Mon of each month) | Ballet Pre-Pro A Pointe 6:30-7:45 Marin/Lauren | Ballet Advanced 6:30-7:45 Kai (*) | Hip Hop Intermediate 7:00-8:00 Sara | Acro Int/Adv A 6:45-7:45 Danielle | Tap Advanced 7:00-8:00 Carina (*) | Jazz & Contemp Apprentice 7:00-8:00 Missy (*) | Ballet Int 2 & 3 7:00-8:00 Kai (*) | Jazz & Contemp Advanced 7:45-8:45 Danielle (*) | Adult Ballet 7:00-8:15 Kimberlyn | Hip Hop Advanced Teen 7:30-8:30 Danielle/Angela | Power Co. SPIRIT A&B Hip Hop Choreo 7:30-8:15 Danielle/Angela | Jazz & Contemp Pre-Pro B&C 7:00-8:30 Missy (*) | Jazz & Contemp Pre-Pro A 7:00-8:30 Adie (*) | Hip Hop Int/Adv B 7:30-8:30 Staci | |
| Adult Fitness Danz Insanity 7:45-8:30 Cejae | Acro Beginner (ages 11+) 8:30-9:15 Danielle | Tap 1 (9-13 yrs) 7:00-7:45 Carina | Jazz & Contemp Pre-Pro B&C 7:45-9:15 Adie (*) | Jazz & Contemp Pre-Pro A 7:45-9:15 Missy (*) | Adult Fitness Pilates/Yoga Fusion 7:45-8:30 Kai | Jazz & Contemp Int/Adv A 8:00-9:00 Sara | Adult Fitness Core Flow to Yin 7:45-8:45 Kim | Tap Pre-Pro 8:00-9:00 Carina (*) | | Ballet Pre-Pro A 8:00-9:15 Ruth | Power Co. FORCE Lyrical/Cont Choreo 8:45-9:30 Danielle ** | Ballet Teen 8:15-9:15 Kimberlyn | | Power Co. FORCE and ENERGY Hip Hop Choreo 8:30-9:15 Danielle | Senior CGE Company Class 8:30-9:15 Missy/Adie | Teen CGE Company Class 8:30-9:15 Missy/Adie | Adult Hip Hop 8:30-9:15 Staci | |

(*) class meets multiple times per week and teacher recommendation is required

(**) by invitation only

CAROLINA DANCE CENTER

Fall Spring Schedule 2022-2023 (Beginning November 1, 2022)

| Thursday | | | | | | Friday | | | | | | Saturday | | | | | | | |
|--|--|---|--|--|--|---|---|---|---|----------|--|---|--|----------|--|--|---|--|--|
| Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | Studio 6 | | |
| Dance With Me (18 mos - 3 yrs) 9:30-10:15 Missy | | | | | | | | | | | | Broadway Kids Ballet, Tap & Jazz (3-4 yrs) 9:30-10:30 Ella | Hip Hop (6-9 yrs) 9:30-10:15 Sara | | CDF Ballet Company Class A 9:30-10:45 Marin/Debbie | Birthday Parties and Events available between 10-8 | Adult Fitness Danz Insanity 9:30-10:15 Dasha | | |
| Creative Movement (2-3 Yrs) 10:15-11:00 Missy | | | | | Adult Fitness Guts and Glutes 11:30-12:15 Kim | | | | | | | Ballet 2 10:30-11:30 Ella | Ballet, Tap, & Jazz (5-7 yrs) 10:15-11:15 Sara | | CDF Ballet Company Class C 10:45-12:15 Guests | | CDF Ballet Company Class B 10:45-12:00 Marin/Debbie | | |
| Broadway Kids Ballet & Tap (3-4 yrs) 11:00-11:45 Missy | Broadway Kids Ballet, Tap, & Jazz (3-4 yrs) 1:30-2:15 Staci | | Homeschool Class Sessions 11:30-1:00 coming soon! | | Adult Fitness Yoga 12:15-1:00 Kim | | | | | | | Creative Movement (2-3 yrs) 11:30-12:15 Ella | Hollywood Stars Tap & Jazz (3-4 yrs) 11:15-12:00 Sara | | | | | | |
| | | | | | | | | | | | | | Pre-ballet (5-6 yrs) 12:00-12:45 Sara NEW CLASS | | | | | | |
| Jazz & Hip Hop (5-7 yrs) 4:15-5:00 Sara | Acro Advanced 3:30-4:30 Danielle | Tap Pre-Pro 3:15-4:15 Carina/Ashley (*) | | | | | | Hollywood Stars Jazz & Hip Hop (3-4 yrs) 3:45-4:30 Sara | | | Birthday Parties and Events available between 4-10 | | | | | | | | |
| Pre-ballet (5-6 yrs) 5:00-5:45 Jennifer | Hip Hop (6-9 yrs) 4:30-5:15 Staci | Tap Int/Adv A 4:15-5:15 Carina | | Jazz & Contemp Prep 2 4:30-5:30 Danielle (*) | | | Acro Int B 4:15-5:15 Danielle | Tap 2 4:30-5:30 Sara | Ballet Apprentice A 4:15-5:15 Patty (*) | | | Ballet Apprentice B 4:15-5:15 Ruth (*) | | | | | | | |
| Ballet Prep 2 5:45-6:45 Jennifer (*) | Boys Hip Hop (ages 5-8) 5:15-6:00 Staci | Tap Advanced 5:15-6:15 Carina/Ashley (*) | Ballet Pre-Pro B&C 4:30-6:00 Ruth (*) | Jazz & Contemp Int/Adv Teen 5:30-6:30 Danielle | Ballet Pre-Pro A 4:30-6:00 Lindsay (*) | Broadway Kids Ballet & Tap (3-4 yrs) 5:15-6:00 Lily | Acro Int A 5:15-6:00 Danielle | | Ballet Apprentice A&B Strengthening 5:15-5:45 Patty (*) | | | Ballet Int/Adv 5:15-6:15 Ruth (*) | | | | | | | |
| Ballet 1 (10-13 yrs) 6:45-7:30 Ruth (*) | Adult Tap 6:15-7:15 Carina | Tap Int/Adv C 6:15-7:15 Sara (*) | Intro to Contemporary (ages 8-12) 6:15-7:00 Ashlyn | Power Co. ENERGY Lyrical & Cont Choreo 6:30-7:15 Danielle | Boys Hip Hop (ages 9-13 yrs) 6:00-6:45 Staci | | Power Co. ENERGY Jazz Choreo 6:00-6:45 Danielle | | Ballet 1 (6-9 yrs) 5:45-6:45 Patty | | | Adult Fitness Danz Insanity 6:15-7:00 Malika | | | | | | | |
| Ballet Int 2 7:30-8:30 Ruth (*) | Hip Hop Int/Adv A 7:15-8:15 Sara | Tap Int/Adv B 7:15-8:15 Carina | Ballet Int 3 7:00-8:00 Lelia (*) | Jazz & Contemp Advanced 7:15-8:15 Danielle (*) | | | Acro Int/Adv A 6:45-7:45 Danielle | | | | | | | | | | | | |
| | Hip Hop Teen 8:15-9:15 Sara | | | Power Co. FORCE Jazz Choreo 8:15-9:00 Danielle | Adult Fitness Danz Insanity 7:30-8:15 Dasha | | | | | | | | | | | | | | |

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