



CLASS SCHEDULE 2024/25

Beg= Beginner, Int= Intermediate, Adv = Advanced

MONDAY

3:30-4:30	PETITE Beg/Int Ballet	Ages 7-8	Studio A	Lisa Lopez
3:30-4:15	TOTS Tap/Ballet	Ages 3-4	Studio B	Ariel Parker
3:30-4:30	MINI Jazz/Lyrical	Ages 5-6	Studio C	Bri Holloway
4:30-5:30	JUNIOR Beg/Int Ballet	Ages 9-11	Studio A	Lisa Lopez
4:30-5:30	MINI Tap/Hip Hop	Ages 5-6	Studio B	Ariel Parker
4:30-5:30	MINI/PETITE Acro	Ages 5-8	Studio C	Bri Holloway
5:30-6:30	TEEN/SR Int/Adv Hip Hop	Ages 12+	Studio A	Tadd Gadduang
5:30-6:15	TOTS Tap/Ballet	Ages 3-4	Studio B	Bri Holloway
5:30-6:30	JR/PRE-TEEN Tech/Combo	Ages 9-13	Studio C	Pauline Mata
6:30-7:30	TEEN/SR Beg/Int Ballet	Ages 12+	Studio A	Ariel Parker
6:30-7:30	JR/PRE-TEEN Hip Hop	Ages 9-13	Studio B	Tadd Gadduang
6:30-7:30	TEEN/SR Int/Adv Tech	Ages 12+	Studio C	Pauline Mata
7:30-8:30	TEEN/SR Beg/Int Lyrical/Contemp	Ages 12+	Studio A	Lisa Lopez
7:30-8:30	ADULT Hip Hop	Ages 18+	Studio B	Tadd Gadduang
7:30-8:30	TEEN/SR Int/Adv Combo/Improv	Ages 12+	Studio C	Pauline Mata
8:30-9:00	Comp Rehearsal		Studio A	
8:30-9:00	Comp Rehearsal		Studio C	

TUESDAY

3:30-4:30	PETITE Musical Theater	Ages 7-8	Studio A	Berlynn Milliken
3:30-4:30	Comp Rehearsal		Studio B	
3:30-4:30	JUNIOR Beg/Int Tap	Ages 9-11	Studio C	Alison Keslake
4:30-5:30	JUNIOR Musical Theater	Ages 9-11	Studio A	Berlynn Milliken
4:30-5:30	MINI Ballet/Lyrical	Ages 5-6	Studio B	Lisa Lopez
4:30-5:30	PETITE/JR Cross Training/Ballet	Ages 7-11	Studio C	Alison Keslake
5:30-7:00	PRE-TEEN/TEEN Int Ballet/Pre Pointe*	Ages 11-15	Studio A	Lisa Lopez
5:30-6:30	MINI Musical Theater	Ages 5-6	Studio B	Berlynn Milliken
5:30-6:00	Comp Rehearsal		Studio C	
6:00-7:15	TEEN/SR Cross Training/Ballet	Ages 12+	Studio C	Alison Keslake
6:30-7:00	Comp Rehearsal		Studio B	

7:00-8:00	PRE-TEEN-SR Beg/Int Jazz Tech	Ages 11+	Studio A	Lisa Lopez
7:00-7:30	Comp Rehearsal		Studio B	
7:15-8:00	TEEN/SR Int/Adv Turns/Tricks	Ages 12+	Studio C	Alison Keslake
7:30-8:30	Pilates ++		Studio B	
8:00-9:30	ADULT Int Ballet	Ages 18+	Studio A	Lisa Lopez
8:00-8:30	Comp Rehearsal		Studio C	

WEDNESDAY

3:30-4:30	PETITE/JR Ballet	Ages 7-11	Studio A	Sarah Polednak
3:30-4:15	TOTS Acro/Jazz	Ages 3-4	Studio B	Bri Holloway
3:30-4:30	PRE-TEEN Int Tap	Ages 11-13	Studio C	A Keslake/Kylie Molnar
4:30-5:30	PETITE Lyrical/Jazz Tech/Combo	Ages 7-8	Studio A	Bri Holloway
4:30-5:30	MINI Tap/Ballet	Ages 5-6	Studio B	Kylie Molnar
4:30-5:30	JR Lyrical/Jazz Tech/Combo	Ages 9-11	Studio C	Sarah Polednak
5:30-6:30	PRE-TEEN-SR Hip Hop/Jazz Funk	Ages 11+	Studio A	Bri Holloway
5:30-6:30	PETITE Tap	Ages 7-8	Studio B	Kylie Molnar
5:30-6:30	Comp Rehearsal		Studio C	
6:30-7:30	JR/PRE-TEEN Acro	Ages 9-13	Studio A	Bri Holloway
6:30-7:30	JR/PRE-TEEN Beg Turns/Tricks	Ages 9-13	Studio B	Eddie Garcia
6:30-7:30	TEEN/SR Int/Adv Tap	Ages 12+	Studio C	Alison Keslake
7:30-8:30	ADULT Jazz	Ages 18+	Studio A	Eddie Garcia
7:30-8:30	PRE-TEEN-SR Musical Theater	Ages 11+	Studio B	Kylie Molnar
7:30-9:00	TEEN/SR Int/Adv Ballet/Pointe*	Ages 12+	Studio C	Lisa Lopez

THURSDAY

3:30-4:30	PETITE Hip Hop	Ages 7-8	Studio A	Ariel Parker
3:30-4:30	Comp Rehearsal		Studio B	
3:30-4:30	MINI Tap/Ballet	Ages 5-6	Studio C	Amanda Hillis
4:30-5:30	PETITE Tech/Combo	Ages 7-8	Studio A	Sarah Polednak
4:30-5:15	TOTS Tap/Ballet	Ages 3-4	Studio B	Amanda Hillis
4:30-5:30	MINI Tech/Combo	Ages 5-6	Studios C	Ariel Parker
5:30-6:30	JR/PRE-TEEN Beg Jazz/Lyrical	Ages 9-13	Studio A	Ariel Parker
5:30-6:30	TEEN/SR Adv Tap	Ages 12+	Studio B	Amanda Hillis
5:30-6:30	JR/PRE-TEEN Int Ballet	Ages 9-13	Studio C	Sarah Polednak
6:30-7:45	TEEN/SR Int/Adv Ballet	Ages 12+	Studio A	Ariel Parker
6:30-7:30	JR/PRE-TEEN Beg Tap	Ages 9-13	Studio B	Amanda Hillis
6:30-7:45	JR/PRE-TEEN Int/Adv Tech	Ages 9-13	Studio C	Sarah Polednak
7:30-8:30	ADULT Tap	Ages 18+	Studio B	Amanda Hillis
7:45-8:15	Comp Rehearsal		Studio C	
8:00-9:00	PRE-TEEN-SR Beg/int Jazz/Tech	Ages 12+	Studio A	Ariel Parker
8:15-9:30	TEEN/SR Int/Adv Tech/Combo	Ages 12+	Studio C	Sarah Polednak
8:30-9:30	Musical Theater Partnering/Lifts**	Ages 12+	Studio B	A. Keslake/B. Milliken

*Must have teacher approval to join pointe or pre-pointe classes

**Musical Theater Partnering will be the first Thursday of each month ONLY, \$20 drop in rate

++ please visit toughlovefitness.org for Pilates class rates/info

AGE RANGES (The age/grade in which you start the academic year determines class placement)

Tots	Age 3-4	–
Mini	Age 5-6	Kindergarten-1st grade
Petite	Age 7-8	Grade 2-3
Junior	Age 9-11	Grade 4-5
Pre-teen	Age 11-13	Grade 6-8
Teen	Age 12-14	Grade 7-9
Senior	Age 15+	Grade 10-12
Adult	18+	–

TUITION AND FEES

1 class/week \$70
2 classes/week \$130
3 classes/week \$180
4 classes/week \$220
5 classes/week \$255
6 classes/week \$280
7 classes/week \$300
8 classes/week \$315
9 classes/week \$325
each additional class add on \$10

Tots rates:

1 45-min class/week \$60
2 45-min classes/week \$110
3 45-min classes/week \$150
4 45-min classes /week \$180

Annual \$30 registration fee, \$25 for each subsequent sibling