

BLISS 2016/2017 SCHEDULE: BY DAY

Classes in red are competition teams & require a tryout

Schedule is subject to change

MONDAY								
Aerobic Room			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
			Email if interested	BLISS BABIES 18-26 months	*JI	Email if interested	Tumbling (5-6 yrs old)	*KS
			9:30 AM - 10:15 AM	LITTLE JAMMERS mixed dance/tumb (4-6 yrs old)	*JI	Email if interested	Tumbling (3-4 yrs old)	*KS
			10:15 AM - 11:00 AM	TWIRL TOTS Dance & tumble (2.5-3 yr olds)	*JI			
						Email if interested	Tumbling (pre/k) between 12-2	*LT
						Email if interested	Cheer/tumble (pre/k) between 12-2	*LT
4:15 PM - 5:00 PM	SWAG CREW	*NH	4:00 PM - 5:00 PM	DANCE DIVA Choreo + required jazz/ballet 6-7 (3rd-5th)	*MB	4:00 PM - 5:00 PM	mixed age (elem)Tumble (Nov/Beg)	*TBA
5:00 PM - 6:00 PM	FUNKY FRESH (K-2nd) Jazz/hip hop	*NH	5:00 PM - 5:45 PM	MINI CO & DANCE DIVA Jazz/Ballet	*AP/MB	5:00 PM - 6:00 PM	XTRME/XCEL Int Prep/Int Tumble	*TBA
6:00 PM - 6:45 PM	XCEL Choreo	*AL	5:45 PM - 7:00 PM	MINI COMPANY Choreo + required Jazz/ballet 6- 6:45	*AP	6:00 PM - 6:45 PM	XTRME Stunting	*LT
6:45 PM - 7:30 PM	XTRME Choreo	*LT	7:00 PM - 8:00 PM	DANCE FORCE Ballet/Jazz Tech (Teen)	*AP	6:45 PM - 7:30 PM	XCEL Stunting	*AL
			8:00 PM - 9:00 PM	DANCE FORCE Ballet/Jazz Tech (Teen)	*AP	7:30 PM - 8:45 PM	XTRME/XCEL Adv Prep/Adv tumble	*AL

TUESDAY								
Dance Room (Aerobic Room)			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
			9:30 AM - 10:15 (11:00) AM	PEE WEE Pre Comp Jazz/Ballet/tumble (Kinder)	*LR	9:30 10:15 AM - 10:45 AM	PEE WEE Pre Comp Jazz/Ballet/tumble (Kinder)	*KS
			10:15 AM - 10:45 (11:00) AM	LITTLE JAMMERS mixed dance/tumb (4-6 yrs old)	*LR	10:15 10:45 AM - 11:00 AM	LITTLE JAMMERS mixed dance/tumb (4-6 yrs old)	*KS
			10:45 AM - 11:05(11:15) AM	TRICKY TYKES hip hop (& tumble, Pre/k)	*LR	10:45 11:05-11:30 AM	TRICKY TYKES tumble (& hip hop, pre/k)	*KS
3:45 PM - 5:00 PM	SR PREP COMPANY Choreo	*JUL/AP	4:00 PM - 5:00 PM	PETITE PIROETTES Jazz/Ballet (1st-2nd)	*AP	4:00 PM - 5:00 PM	3rd-6th Tumbling Beg/Int Prep	*TBA
5:00 PM - 6:00 PM	SR PREP CO/TEEN Co Jazz	*AP	5:00 PM - 6:00 PM	SPUNK SQUAD Cheer (3rd-5th) + 1 required tumbling	*ME	5:00 PM - 6:00 PM	1st-3rd Tumbling Int Prep/Int	*TBA
6:00 PM - 7:00 PM	SR PREP/TEEN CO Ballet/Pointe	*MB	6:00 PM - 7:00 PM	SR PREP/SR CO Ballet/Pointe	*LF	6:00 PM - 7:15 PM	XTRME Tumbling	*LT
			7:00 PM - 8:15 PM	SR CO Choreo	*LL	7:15 PM - 8:30 PM	XTRME Stunting	*LT
			8:15 PM - 9:30 PM	SR CO Jazz	*LL			

WEDNESDAY								
Dance Room (Aerobic Room)			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
			9:30 AM - 10:15 AM	LITTLE JAMMERS mixed dance/tumb (3-4 yrs old)	*ME			
			10:15 AM - 11:00 AM	BITSY BALLERINAS jazz/Ballet (4-6 yrs old)	*ME			
						11:00 AM - 11:30 AM	(optional) BITSY BALLERINA TUMBLE	*ME
4:00 - 5:00 PM	JR COMPANY Jazz	*AP	4:00 PM - 5:00 PM	HOT SHOTS Cheer (1st-2nd)	*HW	4:00 PM - 5:00 PM	3rd -6th tumbling (Beg/Int Prep Tumbling)	*AL
5:00-5:45 PM	JR COMPANY Choreo	*JN	5:00 PM - 6:00 PM	MINI CO Jazz & Ballet +tumbling at 4pm or 6pm required	*AP	5:00 PM - 6:00 PM	1st-3rd Tumbling (Beg/Int Prep)	*AL
5:45 PM - 6:30 PM	JR COMPANY Ballet	*MB	6:00 PM - 7:15 PM	HIP CREW	*JN	6:00 PM - 7:00 PM	1st-4th Tumbling (Int/Adv Prep/Tumbling)	*HOL
			7:15 PM - 8:15 PM	SR PREP CO/TEEN CO Ballet	*MB	7:00 PM - 8:15 PM	4th-7th Tumbling (Adv Prep/Adv Tumbling)	*HOL
			8:15 PM - 9:15 PM	SR PREP CO/JAZZ	*JUL	8:00 PM - 9:15 PM	Ages 14-18 Tumbling (Int-Adv)	*HOL

THURSDAY								
Dance Room (Aerobic Room)			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
			9:45 AM - 10:15 (10:30) AM	TWIRL TOTS mixed dance/tumble (2.5-3 yr olds)	*LR	9:30AM - 10:15 (10:45) AM	PEE WEE Pre Comp Jazz/Ballet/tumble (Kinder)	*LT
			9:30 10:15 AM - 10:45 AM	PEE WEE Pre Comp Jazz/Ballet/tumble (Kinder)	*LR	10 10:15 AM - 10:30 AM	TWIRL TOTS Mixed dance tumble	*LT
						10:30 AM - 11:00 AM	KICKIN KIDS tumble (& Cheer, pre/k)	*LT
			10:30 11:00 AM - 11:30 AM	KICKIN KIDS Cheer (& Tumble, pre/k)	*LT			
4:00 PM-5:00 PM	GROOVE CREW	*CC	4:00 PM - 4:45 PM	DARNTY DAMES Jazz/Ballet (Pre/k)	*HW	4:00 PM - 4:45 PM	XCTE Tumbling	*AL
5:00 PM - 5:45 PM	JR COMPANY Jazz	*JN	4:45 PM - 5:45 PM	XCTE Choreo	*HW	4:45 PM - 5:30 PM	TUMBLING Pre/Kinder	*AL
5:45PM - 7:00 PM	FUNK CREW	*CC	5:45 PM - 7:00 PM	JR COMPANY ballet (15 min) and Choreo (60 min)	*JN	5:45 PM - 6:15 PM	XCTE Stunts	*HW
7:00 PM - 8:00 PM	STREET JAM Hip Hop (3rd-5th)	*LL	7:00 PM - 8:00 PM	SR CO Ballet	*LF	6:15 PM - 7:15 PM	XCEL Tumbling	*AL
			8:00 PM - 8:45pm	SR CO Jazz	*LL	7:15 PM - 8:45 PM	XCEL Stunt	*AL
			8:45 PM - 9:30 PM	SR CO Choreo	*LL			

FRIDAY								
Dance Room (Aerobic Room)			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
						Email if interested	Pre/K TUMBLING (Level TBA)	*AL
						2:15 PM - 3:15 PM	Mixed Elem Ages TUMBLING (Beg-Int Prep)	*AL
						3:15 PM - 4:15 PM	Mixed Elem Ages TUMBLING (Beg-Int)	*AL
						4:30 PM - 5:15 PM	Cheer Prep (jumps/angles) 1 Tumbling also required, offered the hour before for beg-int levels	*AL

SATURDAY								
Dance Room (Aerobic Room)			Dance Room (Studio 1)			Mat Room (Studio 2)		
Time	Class	Teacher	Time	Class	Teacher	Time	Class	Teacher
			9:15 AM - 10:00 AM	Ballet: Pre Pointe/Pointe 1	*LF	9:00 AM - 10:00 AM	Tumbling (Age/Level TBA)	*HOL
			10:00 AM - 10:45 AM	Pointe/Pointe 3	*LF	10:00 AM - 11:00 AM	Acro Jr/Teen	*HOL
			11:00 AM - 11:45 AM	Jazz Int Prep/Int	*NH/JUL	11:00 AM - 12:00 PM	Acro Sr/Sr Prep	*HOL
			12:00 PM - 12:45 PM	Jazz: Adv Prep-Adv	*NH/JUL	12:00 PM - 1:00 PM	Open Gym	*HOL

*1st/3rd Saturdays of the month are Jr/Pre Pointe (9:15-11:45) & Sr Prep/Pointe 2 (10:00-12:45)
 *2nd & 4th are Teen/Pointe 1 (9:11-30) & Sr Co/Pointe 3 (9:45-12:30)

* Open gym/facra classes are \$5 if enrolled in a weekday class, \$8 if not enrolled

Teachers								
CC	Cass Cook	AL	Anielle Lee	AP	Allie Platt			
ES	Dayne Rockwood	ER	Lisa Riehl	HW	Heather Williams			
HOL	Hollie Wilson	FN	Jenni Nielsen	JUL	Julie Nygard			
NH	Nina Hauber	LT	Lacie Trout	MB	Mickenzie Black			
LL	Liz Layton	MC	Mckelle Christensen	LF	Lauren Fratto			
JJ	Jen Johnson	KS	Kristie Savage					