

## BLISS 2016-2017 SCHEDULE: BY AGE/CLASS STYLE

Competition teams are in Maroon; these teams require a tryout.

Performing Teams are in **BOLD Black**. These teams perform at 2 concerts, no competitions. No try out required.

Classes in black and NOT bold do not perform, but skills taught are incorporated into performing class routines

*Schedule is subject to change*

18 months - 3 yr old CLASSES						
Name	Type	Age	Day	Time	Room	
BLISS BABIES (18-24)	Mixed Dance/Tumble	18 - 24 months	Monday	EMAIL IF INTERESTED	Studio 1 (Dance)	
TWIRL TOTS	Mixed Dance/Tumble	2 - 3 yrs old	Monday	10:15 AM - 11:00 AM	Studio 1 & 2	
TWIRL TOTS	Mixed Dance/Tumble	2 - 3 yrs old	Thursday	9:45 AM - 10:30 AM	Studio 1 & 2	
LITTLE JAMMERS	Mixed Dance/Tumble	3 - yrs old	Wednesday	9:30 AM - 10:15 AM	Studio 1 & 2	
KICKIN KIDS (AM)	Cheer/Tumble	4 - Kinder	Thursday	10:30 AM - 11:30 AM	Studio 1 & 2	
KICKIN KIDS (PM)	Cheer/Tumble	4 - Kinder	Mon OR Tues between 12-pm	EMAIL IF INTERESTED	Studio 1 & 2	
TRICKY TYKES (PM) <i>*mostly boys</i>	Tumbling/Hip Hop	3 - 5 yrs old	Tues Wed between 5-7pm	EMAIL IF INTERESTED	Raquetball	
TRICKY TYKES (AM) <i>*mostly boys</i>	Tumbling/Hip Hop	3 - 5 yrs old	Tuesday	10:15 AM-11:00 AM	Studio 2 & 1	
TUMBLING AM	Monday Tumble Nov-Int prep	(ages 3-6) Will split based on level/age	Monday between 9-11:30am	EMAIL IF INTERESTED	Studio 2 (Tumble)	
TUMBLING AM	Thursday Beg-Int	4 - Kinder	Thursday	9:30 AM - 10:15 AM	Studio 2 (Tumble)	
TUMBLING PM	Mon/Tues Tumble Nov-Int prep	(ages 3-6) Will split based on level/age	MonOR Tues between 12-pm	EMAIL IF INTERESTED	Studio 2 (Tumble)	
TUMBLING PM	Monday Tumble Novice/Beg	3 - 5 yrs old	Monday	5:00 PM - 5:45 PM	Raquetball	
TUMBLING PM	Friday Tumble Nov-Int prep	3 - 5 yrs old	Friday	EMAIL IF INTERESTED	Studio 2 (Tumble)	
TUMBLING PM	Thursday tumble Beg/Int Prep	4 - Kinder	Thursday	4:45 AM - 5:30 PM	Studio 2 (Tumble)	

PRE/KINDER CLASSES						
Name	Type	Age	Day	Time	Room	
LITTLE JAMMERS	Mixed Dance/Tumble	5 - 6 yrs old	Tuesday	10:15 AM - 11:00 AM	Studio 1 & 2	
KICKIN KIDS (AM)	Cheer/Tumble	4 - Kinder	Thursday	10:30 AM - 11:30 AM	Studio 1 & 2	
KICKIN KIDS (PM)	Cheer/Tumble	4 - Kinder	Mon OR Tues between 12-pm	EMAIL IF INTERESTED	Studio 1 & 2	
TRICKY TYKES (PM) <i>*mostly boys</i>	Tumbling/Hip Hop	3 - 5 yrs old	Tues Wed between 5-7pm	EMAIL IF INTERESTED	Raquetball	
TRICKY TYKES (AM) <i>*mostly boys</i>	Tumbling/Hip Hop	3 - 5 yrs old	Tuesday	10:15 AM-11:00 AM	Studio 2 & 1	
BITSY BALLETRINAS (PM)	Jazz/Ballet	4-6 yrs old	Thursday	4:00 PM - 4:45 PM	Studio 1 (Dance)	
PISTY BALLETRINAS (AM)	Jazz/Ballet	4-6 yrs old	Wednesday	10:15 AM - 11:00 AM + <i>option to add tumbling 11-11:30am</i>	Studio 1 (Dance)	
BEE WEE <i>(Pre comp)</i>	Jazz/Ballet/tumbling	4-6 yrs old	Tuesday/Thursday	9:30 AM - 10:45 AM	Studio 2 & 1	
FUNKY FRESH	Hip hop/Jazz (Jazz Funk)	K-2nd	Monday	5:00 PM - 6:00 PM	Studio 1 (Dance)	
FUNKY FRESH	Hip hop/Jazz (Jazz Funk)	K-2nd	Friday	Send email with time request 60 min (early day for most)	Studio 1 (Dance)	
TUMBLING AM	Monday Tumble Nov-Int prep	(ages 3-6) Will split based on level/age	Monday between 9-11:30am	EMAIL IF INTERESTED	Studio 2 (Tumble)	
TUMBLING AM	Thursday Beg-Int	4 - Kinder	Thursday	9:30 AM - 10:15 AM	Studio 2 (Tumble)	
TUMBLING PM	Mon/Tues Tumble Nov-Int prep	(ages 3-6) Will split based on level/age	MonOR Tues between 12-pm	EMAIL IF INTERESTED	Studio 2 (Tumble)	
TUMBLING PM	Monday Tumble Novice/Beg	3 - 5 yrs old	Monday	5:00 PM - 5:45 PM	Raquetball	
TUMBLING PM	Friday Tumble Nov-Int prep	(ages 3-6) Will split based on level/age	Friday	1:30 PM - 2:15 PM	Studio 2 (Tumble)	
TUMBLING PM	Thursday tumble Beg/Int Prep	4 - Kinder	Thursday	4:45 AM - 5:30 PM	Studio 2 (Tumble)	

POPPIN/BREAK DANCE CLASSES						
Name	Type	Age	Day	Time	Room	
TRICKY TYKES (PM) <i>*mostly boys</i>	Tumbling/Hip Hop	3 - 5 yrs old	Tues Wed between 5-7pm	EMAIL IF INTERESTED	Raquetball	
TRICKY TYKES (AM)	Tumbling/Hip Hop	3 - 5 yrs old	Tuesday	10:45 AM-11:30 AM	Studio 2 & 1	
BOOM TROOP	Pop/Break	7 - 9 yrs old	Thurs 645-745pm, email if wanting earlier class on tues or wed		Raquetball	
SMASH MOB	Pop/Break	10 & up	Thursday	5:45 PM - 6:45 PM	Raquetball	
POP ROX	Poppin	ages 10 up	Thursday	4:45 PM - 5:45 PM	Raquetball	

NOTE: Although the majority of the above classes will be boys, girls are welcome to attend (and vice-versa on boys attending classes where the majority are girls)

HIP HOP/JAZZ FUNK (1st & Up)						
Name	Type	Age	Day	Time	Room	
FUNKY FRESH	Hip hop/Jazz (Jazz Funk)	K - 2nd	Monday	5:00 PM - 6:00 PM	Studio 1 (Dance)	
FUNKY FRESH	Hip hop/Jazz (Jazz Funk)	K-2nd	Friday	EMAIL IF INTERESTED	Studio 1 (Dance)	
BOOGIE BANDITS	Hip hop/Jazz (Jazz Funk)	3rd-5th	Friday	EMAIL IF INTERESTED	Studio 1 (Dance)	
STREET JAM	Hip Hop	3rd- 5th	Thursday	7:00 PM - 8:00 PM	Main Studio (Aerobic)	
VIBE TRIBE	Hip Hop	6th - Teen	Tuesday	6:00 PM - 7:00 PM	Racketball	

*Email if interested in having one of the Funky Fresh classes be hip hop ONLY*

CHEERLEADING (1st & Up)						
Name	Type	Age	Day	Time	Room	
HOT SHOTS	Cheer (+ separate tumbling sign up required)	1st - 2nd	Wednesday	4:00 PM - 5:00 PM	Studio 1 (Dance)	
SPUNK SQUAD	Cheer (+ separate tumbling sign up required)	3rd - 5th	Tuesday	5:00 PM - 6:00 PM	Studio 1 (Dance)	
CHEER PREP	Cheer/tumble preparation for competitive team try outs	ages 10 - 15	Friday	3:15 PM - 5:00 PM	Studio 2 & 1	

NOTE: Tumbling is required with all cheer teams. Beg/int prep level is offered back to back to cheer, other levels attend a separate day. Refer to tumbling section below.

JAZZ/LYRICAL DANCE TEAMS (1st & Up)						
Name	Type	Age	Day	Time	Room	
PETITTE PIROUETTES	Jazz/Ballet/Choreography	1st-3rd	Tuesday	4:00 PM - 5:00 PM	Studio 1 (Dance)	
PETITTE PIROUETTES	Jazz/Ballet/Choreography	1st-3rd	Friday	EMAIL IF INTERESTED	Studio 1 (Dance)	
DANCE DIVAS	Jazz/Ballet/Choreography	3rd - 5th	Monday	4:00 PM - 5:45 PM	Studio 1 (Dance)	
DANCE FORCE	Jazz/Ballet/Choreography	6th - teen	Monday	7:00 PM - 9:00 PM	Studio 1 (Dance)	

BALLET (1st & Up)						
Name	Type	Age	Day	Time	Room	
BEG/INT PREP	Ballet/Jazz Combo	8 - 11 yrs old	Monday	6:00 PM - 6:45 PM	Main Studio (Aerobic)	
BEG/INT PREP	Ballet/Jazz Combo	Ages 12 & up	Monday	7:00 PM - 8:00 PM	Studio 1 (Dance)	
INT PREP/INT	Ballet/Jazz Combo	7-10 yrs old	Wednesday	5:00 PM - 6:00 PM	Studio 1 (Dance) & Main (Aerobic)	
INT PREP/INT	Pre Pointe/Pointe 1 (+flat ballet)	Ages 12 & up	Tuesday	6:00 PM - 7:00 PM	Studio 1 (Dance) & Main (Aerobic)	
INT PREP/INT	Ballet	Ages 12 & up	Wednesday	7:15 PM - 8:15 PM	Studio 1 (Dance)	
INT PREP/INT	Ballet	Ages 9-13	Wednesday	5:45 PM - 6:30 PM	Studio 1 (Dance)	
INT PREP/INT	Ballet /Jazz Combo	Ages 9-13	Thursday	5:00 PM - 6:00 PM	Studio 1 (Dance) & Main (Aerobic)	
ADV PREP/ADV	Ballet	Ages 12 & up	Tuesday	6:00 PM - 7:00 PM	Studio 1 (Dance)	
ADV PREP/ADV	Pointe 2 & 3	Ages 12 & up	Thursday	7:00 PM - 8:00 PM	Studio 1 (Dance)	
SATURDAYS	Pre Pointe/Pointe 1 (+ flat ballet)	Ages 10 & up	1st & 3rd/ 2nd & 4th	9:15 AM - 10:00 AM	Studio 1 (Dance)	
SATURDAYS	Pointe 2/Pointe 3	Ages 12 & up	1st & 3rd/ 2nd & 4th	10:00 AM-10:45 AM	Studio 1 (Dance)	

JAZZ TECHNIQUE (1st & Up)						
Name	Type	Age	Day	Time	Room	
BEG/INT PREP	Ballet/Jazz Combo	8 - 11 yrs old	Monday	6:00 PM - 6:45 PM	Main Studio (Aerobic)	
BEG/INT PREP	Ballet/Jazz Combo	Ages 12 & up	Monday	7:00 PM - 8:00 PM	Studio 1 (Dance)	
INT PREP/INT	Ballet/Jazz Combo	7-10 yrs old	Wednesday	5:00 PM - 6:00 PM	Studio 1 (Dance) & Main (Aerobic)	
INT PREP/INT	Jazz Tech	Ages 12 & up	Tuesday	5:00 PM - 6:00 PM	Studio 1 (Dance) & Main (Aerobic)	
INT PREP/INT	Jazz Tech	Ages 12 & up	Wednesday	8:15 PM - 9:15 PM	Studio 1 (Dance)	
INT PREP/INT	Jazz Tech	Ages 9-13	Wednesday	4:00 PM - 5:00 PM	Studio 1 (Dance)	
INT PREP/INT	Ballet /Jazz Combo	Ages 9-13	Thursday	5:00 PM - 6:00 PM	Studio 1 (Dance) & Main (Aerobic)	
ADV PREP/ADV	Jazz Tech	Ages 12 & up	Tuesday	8:15 PM - 9:30 PM	Studio 1 (Dance)	
ADV PREP/ADV	Jazz Tech	Ages 12 & up	Thursday	8:00 PM - 9:00 PM	Studio 1 (Dance)	
SATURDAYS	Inte Prep/Int Jazz	Ages 10 & up	1st & 3rd/ 2nd & 4th	11:00 AM - 11:45 AM	Studio 1 (Dance)	
SATURDAYS	Adv Prep/Adv Jazz	Ages 12 & up	1st & 3rd/ 2nd & 4th	12:00 AM - 12:45 PM	Studio 1 (Dance)	

**TUMBLING (1st & Up)**

LEVELS: **Novice:** Cartwheel/round off not solid, **Beginning:** Solid Cartwheel Round off. **Int Prep** = Has back/front walkover (without spot), **Intermediate Prep** = has arch from standing

to kick over. **Intermediate** = Solids walk overs, 1-2 backhandspring. **Adv Prep** = has series handsprings/round off tuck. **Advanced** = has standing tuck, Half twirls, working fulls.

Name	Type	Age	Day	Time	Room
TBA	SAT Tumble	TBA	Saturday	9:00 AM - 10:00 AM	Studio 2 (Tumble)
BEG/INT PREP	Tumble	k - 2nd	Wed	5:00 PM - 6:00 PM	Studio 2 (Tumble)
INT PREP/INT	TUES Tumble	K - 2nd	Tuesday	4:00 PM - 5:00 PM	Studio 2 (Tumble)
NOV/BEG	MON Tumble	Mixed (Elem) Ages	Monday	4:00 PM - 5:00 PM	Studio 2 (Tumble)
INT/ADV PREP	WED Tumble	1st - 4th	Wednesday	6:00 PM - 7:00 PM	Studio 2 (Tumble)
INT PREP/INT (Xcite)	THURS Tumble	2nd-4th	Thursday	4:00 PM - 4:45 PM	Studio 2 (Tumble)
NOV/BEG	FRI Tumble	1st-3rd	Friday	2:15 PM - 3:15 PM	Studio 2 (Tumble)
BEG/INT PREP	WED Tumble	2nd - 4th	Wednesday	4:00 PM - 5:00 PM	Studio 2 (Tumble)
INT PREP/INT (Xtreme)	Mon Tumble	Mixed Age	Monday	5:00 PM - 6:00 PM	Studio 2 (Tumble)
INT-ADV (Xcel)	Mon Tumble	Mixed Age	Monday	7:30-8:45	Studio 2 (Tumble)
BEG/INT PREP	TUES Tumble	3rd-5th	Tuesday	5:00 PM - 6:00 PM	Studio 2 (Tumble)
INT/ADV PREP (Xtreme)	TUES Tumble	Mixed Age	Tuesday	6:00 PM - 7:15 PM	Studio 2 (Tumble)
BEG-INT	FRI Tumble	Ages 10 up	Friday	3:15 PM - 4:15PM	Studio 2 (Tumble)
INT-ADV (Xcel)	THUR Tumble	Mixed Age	Thursday	6:15 PM - 7:15 PM	Studio 2 (Tumble)
ADV PREP/ADV	WED Tumble	4th-7th	Wednesday	7:00 PM - 8:15 PM	Studio 2 (Tumble)
INT-ADV	WED Tumble	Ages 14 up	Wednesday	8:00 PM - 9:15 PM	Studio 2 (Tumble)
OPEN GYM	SAT Tumble (Open Gym)	Mixed Age	Saturday	11:30 AM - 12:30 PM	Studio 2 (Tumble)

*Email if interested in More tumbling! Let us know age, level and availability*

### \$5 SATURDAY CLASSES

Name	Type	Age	Day	Time	Room
DEEP STRETCH/ACRO	Acrobatics/Mixed Levels	Elem/Jr High	Saturday	10:00 AM-11:00 AM	Studio 2 (Tumble)
DEEP STRETCH/ACRO	Acrobatics/Mixed Levels	Jr High/High School	Saturday	11:00 AM - 12:00 PM	Studio 2 (Tumble)
OPEN GYM	Tumble, mixed levels	All Ages	Saturday	12:00 AM - 1:00 PM	Studio 2 (Tumble)

NOTE: For those who are enrolled in a weekday class its \$5 for one class and \$8 for two in a row (otherwise its \$8 for one, \$12 for two).

### PRIVATE LESSONS

\*\*\*\*\*Private Lessons (as well as solo, duo, trio lessons) are usually on Fridays/Saturdays. Pricing & time of day vary. Contact instructors individually to discuss. \*\*\*\*\*

### HIP HOP CREWS

Name	Type	Age	Day	Time	Room
CREW	Hip Hop	2nd - 4th	Monday	4:00 PM - 4:45 PM	Main Studio (Aerobic)
GROOVE CREW	Hip Hop	4th - 7th	Thursday	4:00 PM - 5:00 PM	Main Studio (Aerobic)
HIP CREW	Hip Hop	Teen	Wednesday	6:00 PM - 7:15 PM	Studio 1 (Dance)
FUNK CREW	Hip Hop	Teen	Thursday	5:45 PM - 7:00 PM	Main Studio (Aerobic)
POP ROX	Poppin	ages 10 up	Thursdays	5:00 PM - 6:00 PM	Raquetball

### CHEER ALL STARS

Name	Type	Age	Day	Time	Room
XCITE	Cheer, Stunts, Tumbling	2nd-4th	Wednesday	5:00 PM - 6:00 PM	Raquetball
			Thursday	4:00 PM - 6:15 PM	Studio 1 & 2
			Monday	6:00 PM - 7:30 PM	Studio 1 & 2
XTREME	Cheer Choreo & Stunts	Mixed Age Int Prep-Int	Tuesday	7:15 PM - 8:30 PM	Studio 2
			Monday	6:00 PM - 7:30 PM	Studio 2 (Tumble)
XCEL	Cheer Choreo & Stunts	Mixed Age Adv Prep-Adv	Thursday	7:15 PM - 8:45 PM	Studio 2 (Tumble)

### DANCE COMPANIES

Name	Type	Age	Day	Time	Room
MINI COMPANY	Ballet, Jazz Tech, Choreography	2nd-4th Int Prep	Monday	4:45 PM - 6:45 PM	Main (Aerobic)
			Wednesday	5:00 PM - 6:00 PM	Studio 1 (Dance)/Main (Aerobic)
			Thursday	4:00 PM - 6:30 PM	Studio 1 (Dance)/Main (Aerobic)
JR COMPANY	Ballet, Jazz Tech, Choreography	4th-7th Int Prep/Int	Thursday	5:00 PM - 7:00 PM	Studio 1 (Dance)/Main (Aerobic)
			Tuesday	3:45 PM - 7 PM	Studio 1 (Dance)/Main (Aerobic)
TEEN COMPANY	Ballet, Jazz Tech, Choreography	Teen Int	Wednesday	7:15 PM - 9:15 PM	Studio 1 (Dance)
			Tuesday	3:45 PM - 7 PM	Studio 1 (Dance)/Main (Aerobic)
SR. PREP COMPANY	Ballet, Jazz Tech, Choreography	Teen Adv Prep	Wednesday	7:15 PM - 9:15 PM	Studio 1 (Dance)
			Tuesday	6:00 PM - 9:30 PM	Studio 1 (Dance)
SR COMPANY	Ballet, Jazz Tech, Choreography	Teen Adv	Thursday	7:00 PM - 9:30 PM	Studio 1 (Dance)

### Competition team

CREW Additional requirements
1 additional class monthly, outside of Hip Hop Choreo
1 additional class monthly, outside of Hip Hop Choreo
1 additional class monthly, outside of Hip Hop Choreo
1 additional class monthly, outside of Hip Hop Choreo
No additional requirements

### CHEER Additional Requirements

XCITE choose 1 tumble based on level: Wed 4-5pm or Wed 6-7pm
XTREME Choose 1-2 tumbling based on level: Monday 5pm, Tuesday 5pm, Monday 7:30pm (teen)
XCEL Choose 1-2 tumbling based on level: Monday 5pm, Monday 7:30pm, Thursday 6:15pm, Wed 7pm

### COMPANY Additional Requirements

Choose 1 Tumbling: Wed 4-5 Beg/Int Prep OR Wed 6-7 Int/Adv Prep
1st/3rd Saturday monthly for pre pointe & acro: 9:00 - 11:30am
2nd/4th Saturday monthly for Pointe 1 & acro: 9:00 - 11:30am
1st/3rd Saturday monthly for pointe 2 & acro: 9:45am-12:30pm
2nd/4th Saturday monthly for pointe 2 & acro: 9:45am-12:30pm