2025-2026 Mind & Sole Weekly Schedule

	Monday		Tuesday		Wednesday		Thursday		
	Grey Room	Pink Room	Grey Room	Pink Room	Grey Room	Pink Room	Grey Room	Pink Room	
4:00	Company Level 1 Technique 4:00-4:45	Lil' Soles 4:00-4:45		Tiny Tot Combo 4:00-4:45	Tiny Tot Tumble 4:00-4:30	Tappin' Toes 4:00-4:30			4:00
4:15									4:15
4:30			Company Level 4/5 Tricks 4:30-5:00		Tiny Tot Hip Hop 4:30-5:00	Level 2 Tap 4:30-5:00		Junior Hip Hop 4:30-5:00	4:30
4:45	Company Level 2 Technique 4:45-5:45	Company Level 1 Ballet 4:45-5:15		Pearls 4:45-5:15			Mini Jazz Line 4:45-5:30		4:45
5:00			Senior Hip Hop 5:00-5:30		Junior Tumble 5:00-5:30	Mini Jazz 2 5:00-5:30		Company Level 4/5 Poms 5:00-5:30	5:00
5:15		Opals 5:15-5:45		Lyrical Junior Large Group 5:15-6:00					5:15
5:30			Diamonds 5:30-6:00		Modern Dance (ages 9 & up) 5:30-6:00	Level 1 Tap 5:30-6:00	Level 1-3 Production 5:30-6:15	Company Level 4/5 Core 5:00-5:30	5:30
5:45	Company Level 2/3 Ballet 5:45-6:30	Mini Tumble 5:45-6:15							5:45
6:00			Level 4/5 Production 6:00-6:45	Mini Hip Hop 6:00-6:30	Senior Tumble 6:00-6:30	Shufflin' Stars 6:00-6:30		Sapphires 6:00-6:30	6:00
6:15		Mini Hip Hop 6:15-6:45					Senior Open Large Group 6:15-7:00		6:15
6:30	Rubys 6:30-7:00			Mini Tumble 6:30-7:00	Youth Tumble 6:30-7:00	Level 3 Tap 6:30-7:00		Company Level 3 Combo 6:30-7:00	6:30
6:45		Mini Ballet 6:45-7:15	Company Level 4/5 Ballet 6:45-7:30						6:45
7:00	Company Level 3 Turns 7:00-7:30			Mini Jazz 7:00-7:30	Youth Hip Hop 7:00-7:30	Level 4 Tap 7:00-7:30	Senior Lyrical Large Group 7:00-7:45	Company Level 3 Core 7:00-7:30	7:00
7:15		Junior/Senior Leaps/Turns 7:15-7:45							7:15
7:30	Company Level 3 Leaps 7:30-8:00		Company Level 5 Leaps 7:30-8:00	Company Level 4 Leaps 7:30-8:00	Youth Leaps/Turns 7:30-8:00	Beat Blasters 7:30-8:00		Company Level 3 Tricks 7:30-8:00	7:30
7:45		Junior/Senior Lyrical/Jazz 7:45-8:15					Emeralds 7:45-8:15		7:45
8:00			Company Level 5 Turns 8:00-8:30	Company Level 4 Turns 8:00-8:30					8:00
8:15									8:15
8:30									8:30
8:45									8:45
9:00									9:00