Mind & Sole

WEEKLY SCHEDULE

2026 2027

MONDAY

Time	Grey Room	Pink Room
4:00	Lil' Soles 4:00-4:45	Level 1 Tap 4:00-4:30
4:15		
4:30		Tappin' Toes 4:30-5:00
4:45	Tiny Tot Hip Hop & Tumble 4:45-5:30	
5:00		Level 2 Tap 5:00-5:30
5:15		
5:30	Modern ages 9 & up 5:30-6:00	Shufflin' Stars 5:30-6:00
5:45		
6:00	Youth Tumble 6:00-6:45	Beat Blasters 6:00-6:30
6:15		
6:30		Level 3/4 Tap 6:30-7:00
6:45	Youth Hip Hop 6:45-7:15	
7:00		Tempo Tribe 7:00-7:30
7:15	Junior Tumble 7:15-8:00	
7:30		Rhythm Rebels 7:30-8:00
7:45		
8:00	Senior Tumble 8:00-8:30	
8:15		
8:30		

TUESDAY

Time	Grey Room	Pink Room
4:00		
4:15		Tiny Tot Combo 4:15-5:00
4:30	Emeralds 4:30-5:00	
4:45		
5:00	Pearls 5:00-5:30	Senior Hip Hop 5:00-5:30
5:15		
5:30	Diamonds 5:30-6:00	Junior Hip Hop 5:30-6:00
5:45		
6:00	Level 4/5 Production 6:00-6:45	Mini/Youth Tech & Combo 6:00-6:45
6:15		
6:30		
6:45	Company Level 4/5 Ballet 6:45-7:30	Jr/Sr Tech & Combo 6:45-7:30
7:00		
7:15		
7:30	Company Level 5 Leaps 7:30-8:00	Company Level 4 Leaps 7:30-8:00
7:45		
8:00	Company Level 5 Turns 8:00-8:30	Company Level 4 Turns 8:00-8:30
8:15		
8:30		

WEDNESDAY

Time	Grey Room	Pink Room
4:00	Level 2 Technique 4:00-4:45	Level 1 Technique 4:00-4:45
4:15		
4:30	Opals 4:45-5:15	
4:45		Level 2/3 Ballet 4:45-5:30
5:00	Level 1 Ballet 5:15-6:00	
5:15		
5:30		Youth Large Lyrical Team 5:30-6:00
5:45		
6:00	Mini Tumble 6:00-6:45	Level 3 Turns 6:00-6:30
6:15		
6:30		Level 3 Leaps 6:30-7:00
6:45	Mini Hip Hop 6:45-7:15	
7:00		Level 3 Combo 7:00-7:30
7:15	Mini Jazz 7:15-7:45	
7:30		Level 3 Core & Tricks 7:30-8:00
7:45		
8:00		
8:15		
8:30		

THURSDAY

Time	Grey Room	Pink Room
4:00		Rubys 4:00-4:30
4:15		
4:30	Mini Musical Theater Team 4:30-5:00	Level 4/5 Pom 4:30-5:00
4:45		
5:00	Level 1-3 Production 5:00-5:45	Sapphires 5:00-5:30
5:15		
5:30		Company Level 4/5 Core 5:30-6:00
5:45	Youth Large Hip Hop Team 5:45-6:30	
6:00		Company Level 4/5 Tricks 6:00-6:30
6:15		
6:30	Junior Lyrical Team 6:30-7:00	Senior Lyrical Team 6:30-7:00
6:45		
7:00	Junior/Senior Musical Theater Line 7:00-7:45	Youth/Junior Tumble 7:00-7:45
7:15		
7:30		
7:45	Senior Open Team 7:45-8:15	
8:00		
8:15		
8:30		