2022-2023 Mind & Sole Weekly Schedule

Monday

Pink Room	Grey Room
Tiny Tot Tumble 4:00-4:30	Level 1 Technique 4:15-5:00
Tiny Tot Hip Hop 4:30-5:00	
Lil' Soles 5:00-5:45	Level 1 Ballet 5:00-5:45
Level 1 Tumble 5:45-6:15	Level 3 Ballet 5:45-6:30
Level 1 Hip Hop 6:15-6:45	Level 3 Technique 6:30-7:30
Level 1 Jazz 6:45-7:15	
Level 3 Hip Hop 7:15-7:45	Sapphires 7:30-8:00
Level 3 Jazz 7:45-8:15	Level 3 Tumble 8:00-8:30

Tuesday

Pink Room	Grey Room
Tiny Tot Combo 4:15-5:00	Level 3-5 Strength & Conditioning 4:30-5:00
Level 5 Ballet 5:00-6:00	Level 4 Technique 5:00-6:00
Level 4 Ballet 6:00-7:00	Level 5 Technique 6:00-7:00
	Large Group Musical Theater 7:00-7:45
	Elite Hip Hop 7:45-8:15
	Emeralds 8:15-8:45

Wednesday

Pink Room	Grey Room
Level 1 Tap 4:00-4:30	Level 2 Tumble 4:00-4:30
Level 2 Tap 4:30-5:00	Level 1-2 Hip Hop 4:30-5:00
Tappin' Toes 5:00-5:30	Level 1-2 Musical Theater 5:00-5:30
Shufflin' Stars 5:30-6:00	Pearls 5:30-6:00
Level 3 Tap 6:00-6:30	Level 2 Ballet 6:00-6:45
Tempo Tribe 6:30-7:15	Level 2 Technique 6:45-7:30
Beat Blasters 7:15-7:45	
Level 4 Tap 7:45-8:15	
Rhythm Rebels 8:15-9:00	

Thursday

Pink Room	Grey Room
Level 4/5 Hip Hop 4:00-4:30	
Level 4 Tumble 4:30-5:00	Mega Line 4:30-5:30
Level 5 Tumble 5:00-5:30	
Large Group Hip Hop 5:30-6:15	Large Group Lyrical 5:30-6:15
Room Needed For Production 6:15-7:45	Level 1-3 Production 6:15-7:00
	Level 4-5 Production 7:00-7:45
	Diamonds 7:45-8:30

4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00 6:15 6:30 6:45 7:00 7:15 7:30 7:45 8:00 8:15 8:30 8:45 9:00