2024-2025 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		Level 1 Tap 4:00-4:30		Tiny Tot Tumble 4:00-4:30				Level 3 Core/Extensions 4:00-4:30	4:00
4:15	Lil Soles 4:15-5:00				Company Level 1/2 Ballet 4:15-5:00	Tiny Tot Combo 4:15-5:00			4:15
4:30		Level 2 Tap 4:30-5:00	Senior Hip Hop Team 4:30-5:00	Tiny Tot Hip Hop 4:30-5:00			Mini Jazz Line 4:30-5:15	Level 4/5 Pom/Combo 4:30-5:00	4:30
4:45									4:45
5:00	Lil Soles Technique 5:00-5:30	Tappin' Toes 5:00-5:30	Sapphires 5:00-5:30	Emeralds 5:00-5:30	Company Level 1/2 Technique 5:00-6:00	Pearls 5:00-5:30		Level 4/5 Core/Extensions 5:00-5:30	5:00
5:15							Level 1-3 Production 5:15-6:00		5:15
5:30	Mini Tumble (ages 5-7) 5:30-6:00	Shufflin' Stars 5:30-6:00	Level 4-5 Production 5:30-6:15	Youth Jazz/Technique (ages 7-9) 5:30-6:15		Company Level 3 Turns 5:30-6:00		Mini Hip Hop 5:30-6:00	5:30
5:45									5:45
6:00	Senior Tumble (ages 13+) 6:00-6:30	Level 3 Tap 6:00-6:30			Opals 6:00-6:30	Company Level 3 Leaps 6:00-6:30	Elite Team 6:00-6:45	Mini Tumble #2 (ages 5-7) 6:00-6:30	6:00
6:15			Company Level 4/5 Ballet 6:15-7:00	Youth Tumble #2 (ages 8-9) 6:15-7:00					6:15
6:30	Youth Tumble (ages 8-9) 6:30-7:15	Tempo Tribe 6:30-7:00			Mini/Youth Ballet (ages 5-8) 6:30-7:00	Company Level 3 Ballet 6:30-7:15			6:30
6:45							Junior Hip Hop Team 6:45-7:30	Diamonds 6:45-7:15	6:45
7:00		Beat Blasters Large Group 7:00-7:30	Company Level 4 Leaps 7:00-7:30	Company Level 5 Leaps 7:00-7:30	Mini/Youth Hip Hop (ages 5-8) 7:00-7:30				7:00
7:15	Junior Tumble (ages 10-12) 7:15-8:00					Company Level 3 Combo 7:15-7:45		Junior Jazz/Technique (ages 10-12) 7:15-7:45	7:15
7:30		Level 4 Tap 7:30-8:00	Company Level 4 Turns 7:30-8:00	Company Level 5 Turns 7:30-8:00	Mini/Youth Jazz/Technique (ages 5-8) 7:30-8:00		Junior/Senior Large Group 7:30-8:15		7:30
7:45						Rubys 7:45-8:15		Junior Ballet (ages 10-12) 7:45-8:15	7:45
8:00			Company Level 4/5 Combo 8:00-8:30						8:00
8:15									8:15
8:30									8:30
8:45									8:45
9:00									9:00