



524 Plasters Avenue
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www.atlantadanceandmusic.com

Our Mission: Quality, artistic, education and personal growth in an inclusive learning environment.

ADULT DANCE SCHEDULE 2017

	Monday			Tuesday			Wednesday			Thursday			Friday	Saturday		Sunday
	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 2	Studio 1	Studio 3	Studio 3
10am		Int/Adv Ballet 10:30-12:30			Int/Adv Ballet 10:30-12:30			Int/Adv Ballet 10:30-12:30			Int/Adv Ballet 10:30-12:30		Int/Adv Ballet 10:30-12:30			
6pm			Belly Dance 6:30-7:30	Adult Jazz Open Level 6:30-7:45		Boot Camp 7:30-8:00	Adult Ballet Level 1&2 6:45-8:15	Adult Ballet Level 3 6:30-8:00	Bolly X		Boot Camp 6:00-6:30 Vixen Workout 6:30-7:30		Adult Ballet Level 2 & 3 12:30-2:00 Adult Pointe 2:00-3:00	Vixen Workout 11:30-12:30		Contemporary 11:30-1:00
	Adult Ballet Level 1 6:45-8:15	Beginning Adult Ballet Basics 6:45-8:15	African Dance 7:30-9:00			VIXEN Workout 8:00-9:00		Adult Ballet Basics 8:00-9:15	Dance Fitness 7:30-8:30							
8pm										Horton Technique (Modern) 7:45-9:15						