

Frederick Schedule 2024-2025

| Tuesday | | | Wednesday | | | Thursday | | | Saturday | | |
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| Studio 1 | Studio 2 | Studio 3 | Studio 1 | Studio 2 | Studio 3 | Studio 1 | Studio 2 | Studio 3 | Studio 1 | Studio 2 | Studio 3 |
| | | | | | | | | | Tap I.F (TA) 9:00-10:00 | Zumba 9:00-10:00 | |
| | | | | | | | | | Modern 565/575.F 10:00-11:30 | | PreDance 101/102.F 9:15-10:00 |
| | Ballet 265.FT 4:45-6:00 | Ballet 270.FT 4:45-6:00 | Jazz 335/345.F 4:45-6:15 | Ballet 265.FC 4:45-6:15 | Ballet 275.FC 4:45-6:15 | PreDance 103.F 4:45-5:30 | Combo 103/104.F 4:45-5:45 | Ballet 220/225.F 4:45-5:45 | FX 11:30-1:00 | | FX 11:30-1:00 |
| Hip Hop III.F 5:45-6:45 | Pointe IA.F 6:00-6:45 | Pointe II.F 6:00-7:00 | Jazz 365/375.F 6:15-7:45 | | | Tap II/III.F 5:30-6:30 | Jazz 325/330 & HH I 5:45-6:45 | | | | |
| Hip Hop IV.F 7:00-8:00 | Ballet 245/250.FC 6:45-8:15 | | | Zumba 7:00-8:00 | | Ballet 235/245.FT 6:30-7:30 | | Cont/Lyrical IV.F 6:30-8:00 | | | |
| | | | | | | Modern 535/545.F 7:30-8:30 | | | | | |
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