

Frederick Schedule 2025-2026

Tuesday			Wednesday			Thursday			Friday	Saturday		
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 1	Studio 2	Studio 3
						Mommy/Daddy and Me Dance 11:30-12:00				Tap III.F 9:00-10:00	PreDance 101/102.F 9:00-9:45	Hip Hop III.F 9:00-10:00
							PreDance 101/102.F 1:00-1:45			PreDance 103.F 10:00-10:45	Zumba 10:00-TBD	Hip Hop IV.F 10:00-11:15
PreDance 103.F 4:30-5:15										FX Prep 10:45-11:30		
Intro to Hip Hop.F 5:15-6:00	Ballet 250.FT 4:45-6:00	Ballet 265/275.FC 4:45-6:15		Ballet 250.FC 4:30-6:00	Ballet 265/275.FT 4:30-5:45	Tap II.F 4:30-5:30	Combo 103.F 4:30-5:30	Ballet 210.F 4:30-5:15				
Acrodance I.F 6:00-6:45	Intro to Pointe 6:00-6:30		Hip Hop II.F 5:30-6:30		Pointe II/III.F 5:45-6:45	Acrodance II.F 5:30-6:30		Jazz 310.F 5:15-6:00		FX Junior 11:30-1:00		FX Senior 11:30-1:00
Jazz 365/375.F 6:45-8:15	Adult Ballet 6:30-7:45	Jazz 350.F 6:45-8:15	Adult Dance 6:30-7:30	Modern 550.F 6:00-7:15			Ballet 230/240.F 6:00-7:00					
					Modern 565/575.F 7:15-8:45	Cont/Lyrical IV.F 7:00-8:30	Cont/Lyrical III.F 7:00-8:30		Adult Hip Hop 7:30-8:45			