

SUMMER MDC 2026

Studio E Family Room

Times	Monday	Tuesday	Wednesday	Thursday
9:00-10:00AM		Adult Yoga Flow W Cassie		
10:15-11:00AM		Mini Dance W Ricci		Yoga W Ricci
11:00-11:45AM				Lyrical Combos W Ricci
3:00-4:00PM				Social Media W Whit & Cici
4:00-5:00PM	Surge Team	Transcend Team	Group Solo BEG	Choreography W Ricci
5:00-6:00PM	INT Across the Floor Progressions W Ricci	ADV Refine + Align W Cyndi	INT/ADV Turns w Shanaya	The Uprise
6:00-7:00PM	Torrent Team	Velocity Team	Group solo INT	Hip Hop Combos W Shanaya
7:00-8:00PM	Improv + Stretch class W Ricci	Company		Assistant Class W various
8:00-9:00PM			Group solo ADV	Adult Dance ballroom/country/club styles W various

Studio C Integrity Room

Times	Monday	Tuesday	Wednesday	Thursday
10:15-11AM		Ballet Barre W Sam		
11:00-11:45AM		Adagio Balance Training W Sam		
3:00-4:00PM			Jazz Funk W Alice	Arch & Ankle W Kristina
4:00-5:00PM	Combos W Lakely & Porter	Advanced Ballet W Kristen	Contemporary Combos W Alice	Pointe W Kristina
5:00-6:00PM	Ascend Team	Beginning Ballet W Kristen	Pre School dance W Teisha (5:15-6)	
6:00-7:00PM	Beginning Dance W Claire	Pre Pointe Conditioning W Kristen	Beginning Turns W Shanaya	
7:00-8:00PM	Intermediate Dance W Claire	Technique W Kristen	POM W Shanaya	Adult Vinyasa W Cassie

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Studio D Passion Room

Times	Monday	Tuesday	Wednesday	Thursday
9:30-10:30AM	Cheer Prep Class W Makaylee			
10:15-11:00AM			Beginning Acro W Mylee & Lakely	
10:30-11:30AM	Tumbling W Makaylee			
11:00-11:45AM		Mini Tumbling W Ricci	Adv Leaps & Jumps W Mylee & Lakely	
11:45-12:30PM			Int/Adv Acro W Mylee & Lakely	
4:15-5:00PM			Pre School Tumble W Teisha	
5:00-6:00PM			Beginning Tumble & Tricks W Porter	Beginning Leaps & Jumps w Shanaya
6:00-7:00PM			Cheerleading Jumps and Stunts W Porter	
7:00-8:00PM			Int/ Adv Tumble & Tricks W Porter	

CAMPS	Workshops	KEY	KEY
Princess Camp JUNE 29th 11-1PM & July 1st 11-1PM	Arabic- Mondays in June 7-8PM	INTERMEDIATE CLASSES ages 10 years & up	BEGINNING CLASSES ages 6-9 years
K pop (jazz, funk, hip hop) July 27th 11-1PM & July 29th 11-1PM	Parkour- Tumble, Tricks, Strength, Acro. CO-ED July 28th 11AM-2PM	PRE SCHOOL/MINI CLASSES ages 3-5 years	ADULT CLASSES 18 years & up
		ADVANCED CLASSES ages 13 years & up	AUDITION ONLY - Clinics May 26th & 28th Auditions May 30th
		INTERMEDIATE PLUS CLASSES ages 10 years & up with 3 years or more experience	

Summer 9 weeks

3 weeks per month last week off for break
 June 8th - 26th NO weekly classes 27th- 5th
 July 6th- 24th NO weekly classes 27th- 2nd
 Aug 3rd - 21st Summer classes END August 22nd