

C-Unit Studio Schedule: 2022-2023

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|-----------------------------------|-----------------------------------|---------------------------------|------------------------------|---------|
| Monday | Studio A | Studio B | Studio C | AP Code |
| 4:15-4:45 pm | AP 2/3 Stretch/Conditioning | Level II Jazz (10-12) | AP 1 Ballet | AP 1 |
| 4:45-5:15 pm | | | | AP 2 |
| 5:20-5:50 pm | AP 3/4 Stretch/Conditioning | AP 1 Jazz | AP 2 Ballet | AP 3 |
| 5:50-6:20 pm | | | | AP 2/3 |
| 6:25-6:55 pm | AP 2/3 Jazz | AP 2 Stretch/Conditioning | AP 3/4 Ballet | AP 3/4 |
| 6:55-7:25 pm | AP 3/4 Jazz | AP 2 Jazz | AP 2/3 Ballet | |
| 7:30-8:00 pm | | | | |
| 8:00-8:30 pm | | | | |
| 8:30-9:00 pm | | | | |
| Tuesday | Studio A | Studio B | Studio C | |
| 4:15-4:45 pm | AP 2/3 Technique + Extensions | AP 2 Technique + Extensions | Level I Ballet (5-7) | |
| 4:45-5:15 pm | | | | |
| 5:20-5:50 pm | AP 3/4 Technique + Extensions | AP 1 Stretch/Conditioning | AP 2 Ballet | |
| 5:50-6:20 pm | | | | |
| 6:25-6:55 pm | AP 3/4 Jumps, Turns, Progressions | AP 1 Jumps, Turns, Progressions | AP 2/3 Ballet | |
| 6:55-7:25 pm | | | | |
| 7:30-7:55 pm | | Level II Hip-Hop (9-12) | | |
| 8:00-8:30 pm | AP 2/3 Jumps, Turns, Progressions | | AP 3/4 Ballet | |
| 8:30-9:00 pm | | | | |
| Wednesday | Studio A | Studio B | Studio C | |
| 3:30-4:15pm | | Mini Movers 1 (2.5-3) | | |
| 4:15-4:45 pm | Level II Hip-Hop+ (7-10) | Mini Movers 2 (3-4) 4:15-5:00 | Level II Tap (9-12) | |
| 4:45-5:15 pm | | Pre Jazz (4-5) 5:00-5:45pm | | |
| 5:20-5:45 pm | Level II/III Hip-Hop+ (10-13) | Pre Ballet (4-5) 5:45-6:30pm | Level I Tap (5-8) | |
| 5:50-6:20 pm | | | | |
| 6:25-6:55 pm | Level IV Hip-Hop+ (14+) | Level I/II 11-13 Hip-Hop | Level I/II Tap (7-10) | |
| 6:55-7:25 pm | | | | |
| 7:30-8:00 pm | Level I/II Contemporary (11-13) | Level II/III Hip-Hop (13+) | Level IV Tap (13+) | |
| 8:00-8:30 pm | | | | |
| 8:30-9:00 pm | | | Teen Tap SG Rehearsal | |
| Thursday | Studio A | Studio B | Studio C | |
| 4:15-4:45 pm | AP 1 Lyrical | Level I Jazz (5-7) | Level I/II Ballet (10-12) | |
| 4:45-5:15 pm | | | | |
| 5:20-5:50 pm | AP 2 Contemporary | Level I/II Jazz (10-12) | Level I/II Ballet (8-10) | |
| 5:50-6:20 pm | | | | |
| 6:25-6:55 pm | AP 3/4 Contemporary | Level I/II Jazz (8-10) | Level II/III Ballet (13+) | |
| 7:00-7:25 pm | | | | |
| 7:30-8:00 pm | AP 3 Contemporary | Level II/III Jazz (13+) | AP 3/4 Ballet | |
| 8:00-8:30 pm | | | | |
| 8:30-9:00 pm | | | | |
| Friday | Studio A | Studio B | Studio C | |
| 4:30-5:00 pm | Level I Hip-Hop (5-7) | Level I/II Hip-Hop (8-10) | Pre Hip-Hop (4-5) 4:30-5:15) | |
| 5:00-5:30 pm | | | | |
| 5:35-6:05 pm | Level I/II Hip-Hop (8-10) | Level I Hip-Hop (5-7) | | |
| 6:05-6:35 pm | | | | |

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| Saturday | Studio A | Studio B | Studio C | AP Code |
|-------------|---------------------------------|---------------------------------|----------------|---------|
| 9:00-9:30 | Level I/II Acro/Tumbling (7-10) | 9:15-10:00 Move with Me (2-3) | AP 2/3 Ballet | AP 1 |
| 9:30-10:00 | | | | AP 2 |
| 10:00-10:30 | Level II Acro/Tumbling (8-11) | AP 2 Jumps, Turns, Progressions | AP 3/4 Ballet | AP 3 |
| 10:30-11:00 | | | | AP 2/3 |
| 11:00-11:30 | Level III Acro/Tumbling+ (12+) | Level II Ballroom (9-13) | AP 2 Ballet | AP 3/4 |
| 11:30-12:00 | | | | |
| 12:00-12:30 | <i>Lunch</i> | | | |
| 12:30-1:00 | Rehearsal Slot | Level II/III Ballroom (13+) | | |
| 1:00-1:30 | | | | |
| 1:30-2:00 | Rehearsal Slot | Level I Ballroom (7-9) | | |
| 2:00-2:30 | | | | |
| 2:30-2:45 | <i>Break</i> | | | |
| Sunday | Studio A | Studio B | Studio C | |
| 9:00-9:30 | | | | |
| 9:30-10:00 | | | | |
| 10:00-10:30 | Rehearsal Slot | Rehearsal Slot | | |
| 10:30-11:00 | | | | |
| 11:00-11:30 | Rehearsal Slot | Rehearsal Slot | Rehearsal Slot | |
| 11:30-12:00 | | | | |
| 12:00-12:30 | <i>Lunch</i> | | | |
| 12:30-1:00 | Rehearsal Slot | Rehearsal Slot | | |
| 1:00-1:30 | | | | |
| 1:30-2:00 | Rehearsal Slot | Rehearsal Slot | | |
| 2:00-2:30 | | | | |
| 2:30-3:00 | Rehearsal Slot | Rehearsal Slot | | |
| 3:00-3:30 | | | | |
| 3:30-4:00 | Rehearsal Slot | | | |
| 4:00-4:30 | | | | |

*AP indicates "Accelerated Program" in Ballet, Jazz, Contemporary & Technique; "+" indicates an accelerated class by recommendation or audition only

*AP Classes Require full participation in the AP Program/Minimum Requirements; participation + placement is based on audition or recommendation only

*Any Jazz or Contemporary class (separate from AP Program) requires enrollment in 1 ballet class minimum

*Acro/Tumbling and Ballroom classes are not in the recital