

### C-Unit Studio Schedule: 2022-2023

<b>Monday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	<b>AP Code</b>
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 4
7:30-8:00 pm	AP 3/4 Jazz	AP 2 Jazz	AP 2/3 Ballet	
8:00-8:30 pm				
8:30-9:00 pm				
<b>Tuesday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	
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 4 Technique + Extensions	AP 1 Stretch/Conditioning	AP 2 Ballet	
5:50-6:20 pm				
6:25-6:55 pm	AP 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, Progression		AP 3/4 Ballet	
8:30-9:00 pm				
<b>Wednesday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	
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	
<b>Thursday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	
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				
<b>Friday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	
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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<b>Saturday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	<b>AP Code</b>
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 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				AP 4
12:00-12:30	<i>Lunch</i>			AP 3/4 Technique/Progressions
12:30-1:00	Rehearsal Slot	Level II/III Ballroom (13+)		
1:00-1:30	Rehearsal Slot	Level I Ballroom (7-9)		
1:30-2:00	Rehearsal Slot			
2:00-2:30	Rehearsal Slot			
2:30-3:00	Rehearsal Slot		AP 3/4 Ballet	
3:00-3:30				
<b>Sunday</b>	<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	
9:00-9:30	Rehearsal Slot	Rehearsal Slot	Rehearsal Slot	
9:30-10:00	Rehearsal Slot			
10:00-10:30	Rehearsal Slot	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	Rehearsal Slot	
1:00-1:30				
1:30-2:00	Rehearsal Slot	Rehearsal Slot	Hip-Hop Team II	
2:00-2:30				
2:30-2:45	<i>Break</i>			
2:30-3:00	Rehearsal Slot	Rehearsal Slot	Rehearsal Slot	
3:00-3:30		Rehearsal Slot		
3:45-4:00	Rehearsal Slot	Hip-Hop Team I		
4:00-4:45				

\*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



