

24-25 Schedule						
Monday	Preschool room	Dance room	Ballet Room	Beam Room	Big Gym	PT
9:15-12:15	Tanglewood Tots Preschool					
12:30-3:30	Tanglewood Tot Preschool					
3:00		Comp Dance				
4:00	Nifty Notes Music	Comp Dance	8-up Combo Dance	Comp Dance Gym	AA Level 1 age 8-up	PT Level 1
5:00	Harmonics Youth Choir and Music	Comp Dance	5-7 Combo Dance	Comp Dance Gym	AA Level 2 age 5-7	PT Level 2/3
6:00	Guitar	Comp Dance	Comp Dance	Comp Dance Gym	AA Level 1 age 5-7	All Boys Gymnastics
7:00		Comp Dance	Comp Dance	PT Level 4-up		
Tuesday						
9:15- 11:15	Tanglewood Tots Preschool					
10:15-11:00		Mom&Me Dance/Gym				
11:15		Predance	Predance		Pregym	
12:00-2:00	Tanglewood Tots Preschool					
4:00	Guitar	Comp Dance	Comp Dance	AA Team 4:30-7:30	Pregym 4:15-5:00	Comp Dance Gym
5:00	Guitar	Comp Dance	Predance 5:00- 5:45		AA Level 1 age 5-7	Comp Dance Gym
6:00	Rec Hiphop	Comp Dance	5-7 Combo Dance			Adv PT
7:00					Parkour Level 1	
Wednesday						
9:15-12:15	Tanglewood Tots Preschool					
12:30-3:30	Tanglewood Tots Preschool					
1:45				Pre gymnastics		
2:30		Comp Dance	Predance			
3:30						Mini Cheer
4:00		Comp Dance	Comp Dance/Ballet	Hot Shots to 5:30	Intermediate Cheer	Comp Dance Gym

5:00		Comp Dance	Comp Dance/Ballet	AA Preteam 5:30-7:30	Adv Cheer 5-6:30	Comp Dance Gym
6:00		Comp Dance	Comp Dance/Ballet		PT Comp Team 6:30-8:00	Comp Dance Gym
Thursday						
9:15-11:15	Tanglewood Tots Preschool					
11:15-12:00				PreGymnastics		
12:00-2:00	Tanglewood Tots Preschool					
4:00	Mom&Me Dance/gym 4:15-5:00	Comp Dance	5-7 Combo Dance	AA Team 4:30-7:30	AA 5-7 Level 2	PT Level 2/3
5:00		Comp Dance	8-up Combo Dance		AA 5-7 Level 1	PT Level 1
6:00		Comp Dance	Comp Dance		AA 8-up Level 2	
7:30				Parkour Level 2		
Friday						
9:30	Family Music 9:30-10:15			PreGymnastics 9:30-10:15		
10:15			PreDance 10:15-11:00	Mom&Me Gymnastics 10:15		
10:30	STEAM Preschool 10:30-12:15					
3:00			Color Guard			

**AA** – All around Gymnastics (Bars, Beam, Floor, Vault) - Level 1 ages 5-7 – Monday 6:00, Tues 5:00, Thurs 5:00 Level 2 ages 5-7 - Monday 5:00, Thurs 4:00 Level 1 ages 8- up – Mondays 4:00, Level 2 age 8-up - Thurs 6:00 Hot Shots Wed 4-5:30 Pre Team Wed 5:30-7:30

**PT** – Power Tumbling (Floor Tumbling) Level 1 - Monday 4:00, Thurs 5:00 Level 2/3 – Monday 5:00, Thurs 4:00 Level 4 up - Mon 7:00 Adv Dance Tumbling Tues 6:00

**Pre gymnastics** (Ages 3-5) Tues 11:00, 4:15, Wed 1:45, Thurs 11:00, Friday 9:30

**Mom and Me** Music – Friday 9:30 Dance/Gymnastics – Tues 10:15, Thur 4:15 Gymnastics – Friday 10:15 (45 min classes)

**Pre dance** (Ballet, Tap, Jazz – ages 3-5) Tues 11:00, Tues 5:00, Wed 2:30, Friday 10:15

**Combo Dance** (Ballet, Tap, Jazz) Age 5-7 – Monday 5:00, Tues 6:00, Thurs 4:00 Ages 8-up Monday 4:00, Thurs 5:00

**Classical Ballet** Advanced , Intermediate, D Ballet , C Ballet , B Ballet , A Ballet , Pointe'/PrePointe'

**Karate** – Wed 6:30 **Parkour** Level 1 Tues 7:00, Level 2 Thurs 7:30 **Color Guard** – Friday 3:00

**Music/Youth Choir** – ages 4-7 Monday 4:14-5:00, ages 8-16 Monday 5:00-5:45

**Cheer** – Mini Cheer (ages 3-5) Wed 3:30-4:15, Intermediate Cheer Wed 4:00-5:00, Advanced Cheer Wed 5:00-6:00