

**DALLAS BALLET CENTER 2019 – 2020 Season**  
Adult Classes

**ADULT BALLET**

**BEGINNING**

**SAT 9:30 - 11:00 Sarah**

**INTERMEDIATE/ADVANCED**

**TUE 9:30 - 11:00 Cyndi**

**SAT 9:30 - 11:00 Cyndi**

**ADULT TAP**

**BEGINNER/MULTI-LEVEL**

**MON 7:00 - 8:00pm Peggy**

**INTERMEDIATE/ADVANCED**

**TUE 11:00 - Noon Peggy**

**ADULT FITNESS**

**PROGRESSING BALLET TECHNIQUE**

**MON Noon - 1:00 Libby**

**YOGA**

**T/TH 8:30 - 9:30am Teresa**

**STRETCHING & CONDITIONING MEN**

**T/TH 7:00 - 8:00am Terrence**

**STRETCHING & CONDITIONING ALL**

**T/TH 8:15 - 9:15am Terrence**