

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

YOGA

T/TH 9:30 - 10:30am Susan

PILOXING

WED/TH 9:30 - 10:30 Stephanie

BARRE

WED/TH 10:30 - 11:30 Stephanie

TH 4:15 - 5:15 Stephanie

STRETCHING & CONDITIONING MEN

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

STRETCHING & CONDITIONING ALL

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

PROGRESSING BALLET TECHNIQUE

TH Noon - 1:00 Libby

DALLAS BALLET CENTER 2019 – 2020 Season

Adult Classes

MONDAY

TAP - BEGINNER/MULTI-LEVEL
7:00 – 8:00pm Peggy

TUESDAY

STRETCHING & CONDITIONING MEN
7:00 - 8:00am Terrence

STRETCHING & CONDITIONING ALL
8:15 - 9:15am Terrence

BALLET - INTERMEDIATE/ADVANCED
9:30 - 11:00 Cyndi

YOGA
9:30 - 10:30am Susan

TAP - INTERMEDIATE/ADVANCED
11:00 - Noon Peggy

WEDNESDAY

PILOXING
9:30 – 10:30 Stephanie

BARRE
10:30 – 11:30 Stephanie

YOGA
4:00 – 5:00 Susan

THURSDAY

STRETCHING & CONDITIONING MEN
7:00 - 8:00am Terrence

STRETCHING & CONDITIONING ALL
8:15 - 9:15am Terrence

YOGA
9:30 - 10:30am Susan

PILOXING
9:30 – 10:30 Stephanie

BARRE
10:30 – 11:30 Stephanie
4:15 – 5:15 Stephanie

PROGRESSING BALLET TECHNIQUE
Noon - 1:00 Libby

SATURDAY

BALLET - BEGINNING
9:30 - 11:00 Sarah

BALLET - INTERMEDIATE/ADVANCED
9:30 - 11:00 Cyndi