

# DALLAS BALLET CENTER 2020 - 2021 Season

## Adult Classes

### ADULT BALLET

#### BEGINNING

WED 7:30 - 9:00p Sarah  
SAT 9:30 - 11:00a Sarah

#### INTERMEDIATE/ADVANCED

TUE 9:30 - 11:00a Cyndi  
SAT 9:30 - 11:00a Cyndi

### ADULT TAP

#### BEGINNER/MULTI-LEVEL

MON 7:00 - 8:00p Peggy

#### INTERMEDIATE/ADVANCED

TUE 11:00 - Noon Peggy

### ADULT FITNESS

#### PILOXING

T/W 9:30 - 10:30a Stephanie

#### BARRE

T/W 10:30 - 11:30a Stephanie  
TH 4:15 - 5:15p Stephanie

#### YOGA

T/F 9:30 - 10:30a Susan

#### STRETCHING & CONDITIONING MEN

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

#### STRETCHING & CONDITIONING ALL

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