



# LEVELED PROGRAMMING

**2024**  
**2025** LEVELS

## Level 2

<b>Ballet 2</b> Mon 6:15-7:10pm Tue 6:15-7:10pm Thu 6:15-7:10pm	<b>Contemporary 2</b> (add-on class) Wed 5:15-6:10pm
<b>Ballet 2B</b> Mon 7:15-8:10pm Tue 6:15-7:10pm Thu 7:15-8:10pm	<b>Contemporary 2B</b> (add-on class) Thu 5:15-6:10pm
<b>Jazz 2</b> Tue 6:15-7:10pm	<b>Improvisation 2/3</b> (Hip Hop 2+ add-on class) Tue 7:15-8:10pm
<b>Jazz 2B</b> Tue 4:15-5:10pm Thu 4:15-5:10pm	<b>Progressions - Leaps, Turns 'N' Leg Holds 1B/2</b> (add-on class) Wed 6:00-6:55pm
<b>Acro 2/2B</b> Mon 4:15-5:10pm Tue 5:15-6:10pm	<b>Progressions - Leaps, Turns 'N' Leg Holds 2B</b> (add-on class) Wed 4:15-5:10pm
<b>Tap 2</b> Tue 7:15-8:10pm Wed 7:15-8:10pm	<b>Private Music Lessons</b>
<b>Hip Hop 2</b> Thu 6:15-7:10pm Sat 11:00-11:55am	<b>Dance Teams &amp; Ballet Companies</b>

## Level 3

<b>Ballet 3 (Pre Pro)</b> Mon 4:15-5:40pm Wed 4:15-5:40pm	<b>Progressions - Leaps, Turns 'N' Leg Holds 3/4</b> (add-on class) Wed 6:15-7:10pm
<b>Pointe 3 (Pre Pro)</b> Mon 5:45-6:10pm Wed 5:45-6:10pm	<b>Improvisation 2/3</b> (Hip Hop 2+ add-on class) Tue 7:15-8:10pm
<b>Tap 3</b> Thu 7:15-8:10pm	<b>Conditioning 3-7</b> (Ballet add-on class) Wed 6:15-7:10pm
<b>Jazz 3/4</b> Wed 7:15-8:10pm	<b>Ballet Rep Conditioning</b> Levels TBA (Ballet add-on class) Sat 11:30-12:10pm
<b>Hip Hop 3</b> Mon 8:15-9:10pm Tue 4:15-5:10pm	<b>Open Ballet 3/4 (Pre Pro)</b> Sat 11:45-1:10pm
<b>Funk 3/4/5</b> Tue 6:15-7:10pm	<b>Contemporary 3/4</b> (add-on class) Wed 8:15-9:10pm
<b>Acro 3/3B/4</b> (add-on class) Mon 6:15-7:10pm Tue 5:15-6:10pm (Acro 3)	<b>Private Music Lessons</b>
<b>Dance Teams &amp; Ballet Companies</b>	
<b>Beginner/Intermediate Classes for Pre-teens &amp; Teens</b>	
<b>Teen Jazz/Contemp.</b> Wed 8:15-9:10pm	<b>Teen Hip Hop</b> Thu 8:15-9:10pm
<b>Teen Ballet</b> Tue 7:15-8:10pm	

## Level 4 - 7

<b>Ballet 4/5 (Pre Pro)</b> Mon 7:15-8:40pm Tue 7:15-8:40pm	<b>Hip Hop 5/6</b> Mon 7:15-8:10pm
<b>Ballet 6/7 (Pre Pro)</b> Mon 7:15-8:40pm Wed 7:15-8:40pm	<b>Funk 3/4/5</b> Tue 6:15-7:10pm
<b>Pointe 4/5 (Pre Pro)</b> Mon 8:45-9:10pm Tue 8:45-9:10pm	<b>Choreography 4/5/6</b> Tue 8:15-9:10pm
<b>Pointe 6/7 (Pre Pro)</b> Mon 8:45-9:10pm Wed 8:45-9:10pm	<b>Tap 4/5/6</b> Tue 4:15-5:10pm
<b>Open Ballet 3/4 (Pre Pro)</b> Sat 11:45-1:10pm	<b>Contemporary 3/4</b> (add-on class) Wed 8:15-9:10pm
<b>Open Ballet 5-7 (Pre Pro)</b> Sat 11:00-12:25pm	<b>Contemporary 5/6</b> (add-on class) Thu 7:15-8:10pm
<b>Conditioning 3-7</b> (Ballet add-on class) Wed 6:15-7:10pm	<b>Progressions - Leaps, Turns 'N' Leg Holds 3/4</b> (add-on class) Wed 6:15-7:10pm
<b>Conditioning 4/5</b> (Ballet add-on class) Sat 9:00-9:55am	<b>Progressions - Leaps, Turns 'N' Leg Holds 5/6</b> (add-on class) Thu 8:15-9:10pm
<b>Conditioning 6/7</b> (Ballet add-on class) Sat 10:00-10:55am	<b>Acro 3/3B/4</b> (add-on class) Mon 6:15-7:10pm
<b>Variations 4-7 (Pre Pro)</b> Mon 6:15-7:10pm	<b>Acro 5/6</b> (add-on class) Mon 5:15-6:10pm
<b>Jazz 3/4</b> Wed 7:15-8:10pm	<b>Private Music Lessons</b>
<b>Jazz 5/6</b> Thu 6:15-7:10pm	<b>Dance Teams &amp; Ballet Companies</b>
<b>Hip Hop 4</b> Tue 5:15-6:10pm	

**PLEASE NOTE: Pre Pro classes are by invitation only and have strict policies and attendance.**

*Encouraging kids to lead Inspired lives!*

Register Online! [Neishas.com](https://www.neishas.com)

870 Jetty Lane, Chula Vista, CA 91914  
619-585-1133 | info@neishas.com

## Ballet 3+



- **ND&MA Black Leotard**
- **Ballet pink or flesh tone tights to match ballet shoes**
- **Shoes: Ballet pink or flesh tone. Fitted, split sole, stretch canvas**

## Hip Hop



- **Comfortable dance or exercise gear**
- **Black jazz shoes or dance sneakers**

# Dress Code



## Jazz, Contemporary, Acro



### Jazz/Contemporary/Acro:

- **Leotard (any color), fitted leggings or full coverage dance shorts**
- **Jazz/Contemporary: Black jazz shoes**
- **Acro: Foot paws/Foot Undeez or barefoot**

## Tap



- **Leotard (any color), fitted leggings, or full coverage, dance shorts**
- **Black tap shoes**