



LEVELED PROGRAMMING

2023 2024

LEVELS

Level 2

Ballet 2	Musical Theatre 2
Mon 6:15-7:10pm	Thu 6:15-7:10pm
Tue 6:15-7:10pm	
Thu 6:15-7:10pm	Contemporary 2 (add-on class)
	Wed 5:15-6:10pm
Ballet 2B	Contemporary 2B (add-on class)
Mon 7:15-8:10pm	Thu 4:15-5:10pm
Thu 7:15-8:10pm	
Jazz 2	Technique (Ballet add-on class)
Tue 6:15-7:10pm	Sat 12:15-1:00pm
Wed 4:15-5:10pm	Improvisation 2/3 (Hip Hop 2+ add-on class)
	Tue 7:15-8:10pm
Jazz 2B	Progressions - Leaps, Turns 'N' Leg Holds 1B/2/2B (add-on class)
Tue 5:15-6:10pm	Wed 6:15-7:10pm
	Private Music Lessons
Acro 2/2B	Dance Teams & Ballet Companies
Fri 5:00-5:55pm	
Tap 2	
Tue 7:15-8:10pm	
Hip Hop 2	
Tue 4:15-5:10pm	
Thu 7:15-8:10pm	

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

Level 3

Ballet 3 (Pre Pro)	Progressions - Leaps, Turns 'N' Leg Holds 3-6 (add-on class)
Mon 4:15-5:40pm	Thu 7:15-8:10pm
Wed 4:15-5:40pm	
Pointe 3 (Pre Pro)	Improvisation 2/3 (Hip Hop 2+ add-on class)
Mon 5:45-6:10pm	Tue 7:15-8:10pm
Wed 5:45-6:10pm	
Tap 3	Conditioning (Ballet add-on class)
Thu 6:15-7:10pm	Sat 10:00-10:55am
	Contemporary 3/4 (add-on class)
Jazz 3/4	Private Music Lessons
Wed 7:15-8:10pm	Dance Teams & Ballet Companies
Hip Hop 3	
Mon 8:15-9:15pm	
Funk 3/4/5	
Tue 6:15-7:10pm	
Acro 3/3B (add-on class)	
Mon 6:15-7:10pm	

Beginner/Intermediate Classes for Pre-teens & Teens

Teen Jazz/Cont 1/2	Teen Hip Hop
Wed 7:00-7:55pm	Wed 8:00-8:55pm
Teen Ballet	
Tue 7:15-8:10pm	

Level 4 - 7

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

Encouraging kids to lead Inspired lives!

More Than Just Great Dancing!
Affiliated Dance Studios
Quality Curriculum ★ Teacher Training ★ Best Management Practices ★ Community Involvement

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

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