

CLASS SCHEDULE 2024 - 2025

LAB 1

LAB 2

LAB 3

MONDAY	Class	Age	Teacher	LAB 2 Class	Age	Teacher	LAB 3 Class	Age	Teacher
4-4:30									
4:30-5:30	Jazz/Lyrical I	6-11	BK	Ballet II/III	9-14	NL	Petite Jazz/Technique	4-7	NS
5:30-6:30	Jazz III/IV	10+	BK	Jazz/Lyrical II	7-12	MM	Ballet I/II	7-12	NS
6:30-7:00									
7-8	Tech/Stretch IV	12+	NL	Tech/Stretch III	10+	MM	Tech/Stretch II	7-12	BK
8-9	Lyrical/Contemporary III	10+	NL	Lyrical/Contemporary Teen/Senior	13+	MM			
9:00-9:30									
TUESDAY									
3:30-4:30	Acro I/II	7-12	LR	Petite Ballet	4-7	SM			
4:30-5:30	Legs + Lines (7-12 yrs old)	7-12	LR	Tech/Stretch II/III	9-14	NL	Ballet I	6-11	SM
5:30-6:30	Acro II/III	7-14	LR	Ballet III/IV	10+	SM	Tech/Stretch I/II	7-12	NL
6:30-7									
7-8	Tech/Stretch Teen/Senior	13+	LR	Lyrical/Contemporary II/III	9+	NL	Ballet II	7-12	SM
8-9	Jazz Teen/Senior	13+	NL						
9-9:30									
WEDNESDAY									
4-4:30									
4:30-5:30	Tech/Stretch II/III Junior/Teen	9-14	LR	Tech/Stretch II Mini/Junior	6-10	SL	Intro to Acro	4-7	LO
5:30-6:30	Acro III/IV*** (see below)	10+	LR	Jazz III	10+	SL	Petite/Mini Acro	5-8	LO
6:30-7									
7-8	Legs + Lines (12+)	12+	SL	Ballet II/III	9-14	SM			
8-9	Combo/Tech Teen/Senior	13+	SL	Ballet III/IV	10+	SM			
9-9:30									
THURSDAY									
4-4:30									
4:30-5:30	Tech/Stretch I/II	7-12	BK	Ballet II Mini/Junior	6-11	NS	Petite Hip Hop	4-7	RJ
5:30-6:30	Improv + Tricks (11+ Int/Adv)	11+	BK	Hip Hop I	6-11	RJ	Ballet III	10+	NS
6:30-7:30	Tumbling*** (see below)	7+	AC	Hip Hop II/III	9-14	RJ	Lyrical/Contemporary II	7+	NS
7:30-8:30	Tumbling*** (see below)	7+	AC	Hip Hop Teen/Senior	13+	RJ	Pointe I/II	10+	NS
8:30-9									
FRIDAY									
4-4:30									
4:30-5:30	Tech/Stretch II	7-12	MM	Jazz/Lyrical I	6-10	JF	Pre-Pointe/Pointe I	8-14	NS
5:30-6:30	Jazz II/III Junior/Teen	10+	MM	Jazz/Lyrical II Mini/Junior	6-10	JF	Ballet I	6-11	NS
SATURDAY									
10-11	Junior Comp Team Training (Closed)		LR	Petite Ballet	4-7	LN			
11-12	Teen/Senior Comp Team (Closed)		LR	Tech/Stretch I/II	7-12	LN			

All classes will be 55 min long to allow for a 5 min passing period between classes

Schedule subject to change. Schedule is as of 09.04.24

Please visit dancelaboc.com for most updated schedule.

***Instructor approval & SIDE AERIAL REQUIRED for Acro III/IV & Tumbling

LR - Laura Russom	BK- Bella Klassen	MM - Marco Mejia
AC - Aaron Chavarria	NL - Noelle Labbé	LN - Liv Nielsen
JF - Julie Frohman	SL - Sophia Lucia	LO - Lyndsie Olson
RJ - Rony Jacques	SM - Sandrine Mattei	NS - Noelle Snavelly

