

CLASS SCHEDULE 2024 - 2025

LAB 1

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

LAB 2

Class	Age	Teacher
Ballet II/III	9-14	NL
Jazz/Lyrical II	7-12	MM
Tech/Stretch III	10+	MM
Petite Ballet	4-7	SM
Ballet I	6-11	SM
Ballet III/IV	10+	SM
Lyrical/Contemporary II/III	9+	NL
Tech/Stretch II Mini/Junior	6-10	SL
Jazz III	10+	SL
Ballet II/III	9-14	SM
Ballet III/IV	10+	SM
Ballet II Mini/Junior	6-11	NS
Hip-Hop I	6-11	RJ
Hip-Hop II/III	9-14	RJ
Hip-Hop Teen/Senior	13+	RJ
Jazz/Lyrical I	6-10	JF
Jazz/Lyrical II Mini/Junior	6-10	JF
Petite Ballet/Jazz	4-7	LN
Tech/Stretch I/II	7-12	LN

LAB 3

Class	Age	Teacher
Petite Jazz/Technique	4-7	NS
Ballet I/II	7-12	NS
Tech/Stretch II	7-12	BK
Tech/Stretch I/II	7-12	NL
Ballet II	7-12	SM
Intro to Acro	4-7	LO
Petite/Mini Acro	5-8	LO
Lyrical/Contemporary II	7+	NS
Pre-Pointe/Pointe I	8-14	NS
Ballet I	6-11	NS

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 12.16.24
 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 Snavely