

CPAC

Dance Co.

Winter Schedule

Day

AM

PM

YOGA

DANCE

T

9:30 Vinyasa Flow I/II

5:30 HipHop 5+
6:30 Adult Tap
7:30 Adult HipHop

W

5:30 Lyrical 5+
6:30 Cardio Choreo
7:30 Teen HipHop

Th

9:30 Vinyasa Flow I

Sat

9:00 Vinyasa Flow II
10:30 Yoga Fundamentals

Sun

9:00 Vinyasa Flow I/II

10:30 Ballet/Tap Combo
11:30 Teen Jazz
12:30 Ballet Bootcamp

*Classes are 75 Minutes
Sat 9am - 90 Minutes*

*Classes are 60 Minutes
Private Lessons Available*

