



**Metro West Studio**

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**FALL 2018 - SPRING 2019**

**MASS MOTION METRO WEST FALL 2018 - SPRING 2019**

| Weekday Hours  | MONDAY  |   | TUESDAY  |  | WEDNESDAY                                 |  | THURS                                   | FRIDAY   |          | SATURDAY  |   |
|----------------|---|---|--|--|---|--|---|----------|----------|---|---|
|                | STUDIO 1  | STUDIO 2                                      | STUDIO 1   | STUDIO 2                                       | STUDIO 1                                  | STUDIO 2   | STUDIO 1                                | STUDIO 1 | STUDIO 2 | STUDIO 1  | STUDIO 2  |
| 9 - 10AM       |   |   |  |  | 9:30-10:30AM<br>Tiny Tots I               | 9:30 - 10:30<br>Adult Barre Class                          |   |          |          | 9:00 - 10:00<br>Tiny Tots I                                   |   |
| 10 - 11AM      |   |   |  |  | 10:30-11:30<br>Tiny Tots II<br>Ballet/Tap |  | 10 - 11AM<br>Tiny Tots II<br>Ballet/Tap |          |          | 10:00 - 11:30AM<br>Level 1/2<br>Tap/ Ballet/ Jazz<br>Ages 5-8 | 10:00 - 11:00<br>Tiny Tots II<br>Ballet/Tap     |
| 11 - 12PM      |   |   |  |  |   |  | 11-11:30 AM<br>Tot Hop                  |          |          |   |   |
| 12 - 1PM       |   |   |  |  |   |  |   |          |          | 12:00 - 1:00<br>Acro/ Hip Hop I<br>Ages 5 - 8                 | 12:00 - 1:00<br>Teen Hip Hop<br>Ages 12+        |
| 1 - 2PM        |   |   |  |  |   |  |   |          |          | 1:00 - 2:00<br>Children's<br>Acro/ Hip Hop II<br>Ages 9 - 11  | 1:00 - 2:00<br>Teen<br>Contemporary<br>Ages 12+ |
| 2 - 3PM        |   |   |  |  |   |  |   |          |          |   |   |
| 4:00 - 5:00 PM | 4:00 - 6:00<br>Petite Intensive<br>Tap/ Ballet/ Jazz<br>Ages 9-11 | 4:00 - 5:00<br>Acro/ Hip Hop I<br>Ages 5-8    | 4:00 - 5:30<br>Level 1/2<br>Ballet/Tap/ Jazz         | 4:00 - 5:00<br>Acro/ Hip Hop I                 |   | 4:00 - 5:30<br>Level 3 & 4<br>Ballet/Jazz/ Tap<br>Ages 7-8 |   |          |          |   |   |
| 5:00 - 6:00 PM |   | 5:00 - 6:00<br>Children's Ballet<br>Ages 9-11 | 5:00 - 6:00<br>Tiny Tots II                          |  | 5:30 - 6:30<br>Teen Ballet                | 5:00 - 6:30<br>Dance for Theater<br>Ages 12+               |   |          |          |   |   |
| 6:00 - 7:00 PM | 6:00 - 7:00<br>Teen Ballet I                                      | 6:00 - 7:00<br>Children's Jazz<br>Ages 9- 11  | 6:00 - 7:00<br>Beginner<br>Irish Step<br>Ages 5 - 8  | 6:00 - 7:00<br>Acro/ Hip Hop II<br>Ages 9 - 11 | 6:30 - 7:30<br>Teen Modern                | 6:30 - 7:30<br>Adult Jazz Funk                             |   |          |          |   |   |
| 7:00 - 8:00 PM | 7:00 - 8:00<br>Teen Jazz  |   | 7:00 - 8:00<br>Intermediate<br>Irish Step<br>Ages 9+ | 7:00 - 8:00<br>Teen<br>Acro &<br>Conditioning  | 7:30 - 8:00<br>Teen Tap                   |  |   |          |          |   |   |
| 8:00 -9:00 PM  |   |   |  |  |   |  |   |          |          |   |   |