Xpress Yourself DANCE STUDIO

Updated 01/19/23

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3
9:00:00 AM																9am-10am Conditioning Nia/Cassandra	**9am-9:45am Tiny Toes Vanessa**	
9:15:00 AM																		
9:30:00 AM								9:30am-10:15am Tiny Toes Kristin Waitlist										
9:45:00 AM																	**9:45am- 10:30am Pre-School 1 Vanessa**	**9:30am-10:30am Tap/Jazz 1 Lexi**
10:00:00 AM									9:45am-10:45am Adult Tap Lexi							10am-1pm DC Rehearsal		
10:15:00 AM								10:15am-11am PS1 Cassandra Waitlist										
10:30:00 AM																		
10:45:00 AM																	**10:30am-11:30am Pre-School 2 Vanessa FULL**	**10:30am-11:30am Hip-Hop/Acro 1 Lexi**
11:00:00 AM																		
3:00:00 PM																	**11:30am-12:30pm Pre-School 2 Vanessa**	**11:30am-12:30pm Ballet 1 Lexi**
3:30:00 PM																		
4:00:00 PM	4pm-4:30pm Electric Rehearsal			4pm-5pm Electric STL Nia	**4pm-4:45pm PS 1 Kristin**	**4pm-5pm Jazz 1 Cassandra**	4pm-5pm Electric Ballet Rosanne			4pm-5pm Electric Jazz Kristin	**4pm-5pm Ballet 1 Rosanne**		**4pm-5pm Acro 1 Lexi**		4pm-5pm Electric Hip Hop Dez			
4:30:00 PM	4:30pm-5:30pm Explosive STL Nia	4:30pm-5:30pm Session Classes (Ages 5-9) Lexi	4:30pm-5:30pm Electric Tap Krisitn						4:30pm-5pm Explosive Rehearsal Leah			4:30pm-5:30pm Explosive Ballet Nia						
5:00:00 PM				5pm-6pm Extreme Tap Krisitn	**5pm-6pm Electric Lyrical Nia**	**5pm-6pm Hip Hop 1 Dez FULL**	5pm-6pm Explosive Ballet Rosanne	**5pm-6pm Open STL Leah**	**5pm-6pm Theatre Dance Cassandra**	5pm-6:30pm Extreme Ballet Rosanne	**5pm-6pm PS 2 Kristin FULL**		**5pm-6pm All Boys Hip-Hop**		**5pm-6pm Tap 1 Lexi**			
5:30:00 PM	5:30pm-6:30pm Explosive Jazz Nia	**5:30pm-6:30pm Lyrical 1 Dez**	5:30pm-6:30pm Electric Rehearsal Krisitn									**5:30pm-6:30pm Jazz 2 Nia**						
6:00:00 PM				6pm-7pm. Extreme STL Nia	**6pm-7pm Hip-Hop 3 Dez**	6pm-7pm Explosive Tap Kristin	6pm-7pm Explosive Contemporary Leah	**6pm-7pm Ballet 2 Rosanne**	**6pm-7pm Jazz 3 Nia**				6pm-7pm Explosive/Extreme Hip Hop Dez		**6pm-7pm Acro 2 Lexi**			
6:30:00 PM	6:30pm-8pm Ballet Extreme Nia	**6:30pm-7:30pm Teen Jazz 1 Dez**	6:30pm-7pm Electric Rehearsal Lexi							6:30pm-8pm Performance Team Rehearsal	**6:30pm-7:30pm Pointe Rosanne**	**6:30pm-7:30pm Acro 3 Lexi**						
7:00:00 PM			**7pm-8pm Tap 3 Lexi**	7m-8pm Extreme Jazz Nia	**7pm-8pm Hip-Hop 2 Dez**	**7pm-8pm Tap 2 Lexi FULL**	7pm-8pm Extreme Contemporary Leah	**7pm-8pm Ballet 3 Rosanne**	**7pm-8pm Acro 2 Nia FULL**									
7:30:00 PM		**7:30pm-8:30pm Adult Hip Hop Dez**										**7:30pm-8:30pm Acro 4 Jessica**						
8:00:00 PM	8pm-9pm Extreme Rehearsal			8pm-8:30pm Hip Hop Rehearsal Dez			8pm-9pm Explosive/ Extreme Rehearsal		**8pm-9pm Contemporary 3 Leah**		8pm-9pm Hip-Hop 3 Dez Waitlist							
8:30:00 PM				8:30pm-9pm Explosive Rehearsal						8:30pm-9pm Extreme Rehearsal Jessica		8:30pm-9pm Explosive Rehearsal						
9:00:00 PM																		
9:30:00 PM																		