

Dance Arts of Rocky Mount 2022-23

Monday

Tuesday

Wednesday

Thursday

Blue Room	Green Room	Purple Room	Blue Room	Green Room	Purple Room	Blue Room	Green Room	Purple Room	Blue Room	Green Room	Purple Room
		3:45-4:30 Technique Courtney									3:45-4:30 Creative Movement 2 & 3 Yr olds Courtney
4:30-5:15 6 th /8 th Jazz Abigail	4:30-5:15 Elem Clogging Melanie	4:30-5:15 3 yr old Combo Courtney	4:30-5:30 Elite Tap Courtney	4:30-5:15 4 th /5 th Jazz Abigail	4:45-5:30 3 yr old combo Kelsey				4:30-6:00 Elem Combo** Melanie Courtney Abigail	4:30-6:00 Elem Combo** Courtney Abigail Melanie	4:30-6:00 Elem Combo** Abigail Melanie Courtney
5:15-6:15 Elite Ballet Courtney	5:15-6:00 6 th /8 th Clogging Melanie	5:15-6:00 4 yr old combo Abigail	5:30-6:30 Elite Contemporary Abigail	5:30-6:15 4 th /5 th Tap Courtney	5:30-6:15 4 yr old combo Kelsey				↓	↓	↓
6:15-7:00 6 th /8 th Ballet Courtney	6:15-7:00 9 th /12 th Clogging Melanie	6:00-6:45 5 yr & Kindergarten combo Abigail	6:30-7:15 9 th /12 th Jazz Abigail	6:15-7:00 4 th /5 th Ballet Courtney	6:15-7:00 5 yr & Kindergarten combo Kelsey				6:00-7:00 Elite Clogging Melanie	6:00-6:45 Jr Elite Jazz Kelly	6:00-6:45 Elem Tumble Abigail
7:00-8:00 9 th /12 th Contemporary Abigail	7:00-7:45 6 th /8 th Tap Courtney	7:00-7:45 Adult Clogging Melanie	7:15-8:00 9 th /12 th Ballet Courtney	7:00-7:45 Cheer Pom Emily	7:00-8:15 Yoga Kelsey				7:00-8:00 Elite Jazz Kelly	7:00-7:45 Jr Elite Clogging Melanie	6:45-7:45 Pointe Courtney
8:00-8:45 6 th /8 th Contemporary Abigail	8:00-8:45 Technique Courtney	7:45-8:30 Beginner Adult Clogging Melanie	8:00-8:45 9 th /12 th Tap Courtney	7:45-8:30 Strengthen & Stretch *may serve as technique Emily					8:00-8:45 Turns & Leaps *this class may serve as technique Kelly	8:00-8:45 Jr Elite Ballet Courtney	

*Elementary Clogging is for Dancers in 3rd-5th grades

**Elementary Combo--Dancers in 1st, 2nd, & 3rd grade...30 minutes each of Ballet(Courtney), Tap(Melanie), & Jazz(Abigail)