



2009 - 2010

Located at Hayfield Shopping Center  
 7572 Telegraph Road, Alexandria, VA 22315  
 (703) 719 -9315  
 www.DancensationsDanceCenter.com  
 E-mail: DancensationsDanceCenter@verizon.net

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY								
<b>ROOM 1</b>																				
4:00-5:00		4:15-5:15	Conditioning (13+)	S	4:00-5:00		4:00-5:00	Hip Hop I (5-7)	Je											
5:00-6:00	Ballet I	M	5:15-6:15	Hip Hop Challenge	S	5:00-6:00	Minis*	P/E	5:00-6:00	Hip Hop II (9-12)	Je									
6:00-7:00			6:30-8:15	Petites*	P/S	6:00-7:30	Smalls*	P/E	6:00-7:00	Hip Hop I (8-11)	Je									
7:00-9:00	Seniors I*	P/S				7:30-9:00	Seniors II*	P/S	7:00-8:00	Hip Hop II (9-12)	Je									
8:00-9:00									8:00-9:00	Hip Hop III (13+)	Je									
<b>ROOM 2</b>																				
4:00-5:00			4:00-5:00			4:00-5:00	Combo 3-4	M	5:00-6:00	Sassy Stiletto(15+)	S									
5:00-6:00	Team Ballet*	L	5:00-6:00			5:00-6:00	Combo 5-6	M	6:00-7:00											
6:00-7:00	Jazz I/II	M	6:00-7:00			6:00-7:00	Teen Ballet	M	7:00-7:30	Abs	S									
7:00-8:00	Tap/Jazz	M	7:00-8:00			7:00-8:00			7:30-8:30	Zumba										
<b>ROOM 3</b>																				
4:00-5:00						4:30-5:30			4:30-6:00	Jazz/Lyrical/ Contemp (13+)	M	10:00-11:00	Combo 3-4	M						
5:00-6:00	Jazz III	E	5:15-6:15	Combo 5-6	Mi	5:30-6:30	Mus. Theater I	C				11:00-12:00	Combo 5-6	M						
6:00-7:00	Leaps & Turns II	E	6:15-7:15	Combo 3-4	Mi	6:30-7:30			6:00-7:00	Jazz/Lyr IV	M	12:00-1:00	Ballet I	M						
7:00-8:00	Tap I/II	E	7:30-8:30	Zumba		7:30-8:30	Teen Jazz/Lyrical	E	7:00-8:00	Contemp/Lyr I	M	1:00-2:00	Tap/Jazz	M						
8:00-9:00																				
<b>ROOM 4</b>																				
4:30-5:30	Co. Tech. I	I	4:30-5:30	Co. Tech. I	T	4:30-5:30	Co. Tech. III	T	5:00-6:00	Rhy Tap I	Sh									
5:30-7:00	Co. Tech. III/IV	I	5:30-6:30	Co. Tech. II	T	5:30-7:00	Co. Tech. IV	T	6:00-7:00	Rhy Tap II	Sh									
7:00-8:30	Co. Tech. II	I	6:30-8:00	Co. Tech. III/IV	T	7:00-8:00	Co. Tech. II	T	7:00-8:00	Rhy Tap III	Sh									
		I	8:00-9:00	Pointe II/III	T	8:00-9:00	Pointe I		8:00-9:00	Rhy Tap IV	Sh									
<b>ROOM 5</b>																				
4:30-5:30			5:00-6:00			5:00-6:00			5:30-6:30											
5:30-6:30	Combo 3-4	J	6:00-7:00			6:00-6:30	Abs	S	6:30-7:30											
6:30-7:30	Combo 5-6	J	7:00-8:00	Mat Pilates	J	7:00-8:00			7:00-8:00											
<b>GYM</b>																				
10:00-11:00			4:15-5:15	Preteam*	D/L	4:00-5:00	Gym I/II (8+)	V	4:30-5:30	Gym I	L	4:30-6:00	Pink Team*	D/L	9:00-10:00	Pregym	J	3:30-4:30	Young Girl Trainers(3-5)	D/L
3:30-5:00	Preteam/Team*	D/L	5:00-6:30	Pink Team*	D/L	5:00-6:00	Gym II/III	V	5:30-6:30	Gym II/III	L	5:30-7:30	Blue Team*	D/L	10:00-11:00	Gym I/II (5-7)	J	3:30-4:30	Young Boy Trainers (5-7)	D/L
5:00-6:00	Gym I/II (5-7)	V	6:00-8:00	Blue Team*	D/L	6:00-7:00	Gym V	V	6:30-7:30	Gym I/II	J				11:00-12:00	Gym II/III	J	4:30-6:30	Blue Team*	D/L
6:00-7:00	Gym IV	V							7:30-8:30	Mat Pilates	J				12:00-1:00	Gym IV	J			
7:00-8:30	Teen Cheer/Adv. Gym	V/L													1:00-1:30	Gym V	J			

Teachers: C - Cynthia; D - Debbie; E - Emily; I - Igor; Je - Jenna; J - Judith; L - Lisa; M - Mallory; Mi - Michelle; P - Pat; S - Suzanne; T - Troy; V - Val

\* Showgroup, Gym Preteam or Team Pointe Classes require 1 hour of ballet technique

All classes are contingent upon adequate enrollment. See Policies & Procedures for more Information.

Tuition: 1st hour class- \$60/month; 2nd hour- \$55/month; each additional hour- \$50/month; Each additional child, 1st hour- \$55/ month; \$50 for each additional hour/month