

# AGES 13-15

LOCATION : ALISO VIEJO

TUESDAY	6:30 - 7:30	<b>BALLET</b> <i>DESCRIPTION: 3-4 YEARS OF BALLET EXPERIENCE</i>	SLAVA BELKINSKY
TUESDAY	7:00 - 8:00	<b>JAZZ</b> <i>DESCRIPTION: TECNIQUE CLASS 2 YEARS OF DANCE EXPERIEINCE</i>	ALEX ALBA
WEDNESDAY	6:30 - 7:30	<b>TECH &amp; TURNS</b> <i>DESCRIPTION: WORKING ON TECHNIQUE 3-4 YEARS OF DANCE EXPERIENCE</i>	DEREK NEMECHEK
WEDNESDAY	7:30 - 8:30	<b>HIP HOP   CONTEMPORARY FUSION</b> <i>DESCRIPTION: HIP HOP / CONTEMPORARY WORKING ON MOVEMENT AND CHOEROGRAPHY RETENTION 3-4 YEARS OF EXPERIENCE</i>	NIKO BERMEA
WEDNESDAY	7:30 - 8:30	<b>PILATES</b> <i>DESCRIPTION:CONDITIONING, LEGNTHENING, AND CORE SKILLS 3-4 YEARS OF DANCE TECHNIQUE</i>	KELLEY BROWN
THURSDAY	5:30 - 6:30	<b>TECH &amp; TURNS</b> <b>(!!FULL!! EMAIL TO BE ADDED TO WAITLIST IF INTERESED)</b> <i>DESCRIPTION: TECHNIQUE 3-4 YEARS OF DANCE EXPERIENCE</i>	BRYNNE BECKER
THURSDAY	6:30 - 7:30	<b>HIP HOP</b> <i>DESCRIPTION: FUN CLASS LEARNING HIP HOP MOVES AND SHORT COMBOS WEEKLY 2-3 YEAR OF DANCE EXPERIENCE</i>	MARIAH SPEARS
THURSDAY	7:30 - 8:30	<b>PILATES</b> <i>DESCRIPTION:CONDITIONING, LEGNTHENING, AND CORE SKILLS 2-3 YEARS OF DANCE TECHNIQUE</i>	KELLEY BROWN
FRIDAY	3:30 - 4:30	<b>STRETCH &amp; CONDITIONING</b> <i>DESCRIPTION: WORKING ON STRECHING AND STRENGTH. *WEIGHTS RECOMMENDED 2-3 YEARS OF DANCE EXPERIENCE</i>	JORDAN BLAIS
FRIDAY	7:30 - 8:30	<b>IMPROV / CONTEMPORARY</b> <i>DESCRIPTION: MOVEMENT BASED CLASS 2-3 YEARS OF DANCE EXPERIENCE</i>	DANIEL HUYNH
SATURDAY	9:30 - 10:30	<b>BALLET</b> <i>DESCRIPTION: 2-3 YEARS OF DANCE EXPERIENCE</i>	JORDAN BLAIS

LOCATION : LADERA RANCH

MONDAY	6:30 - 7:30	<b>CHOREOGRAPHY</b> <i>DESCRIPTION: LEARNING DIFFERENT CHOREOGRAPHY TOOLS AND WORKING ON CHOREOGRAPHY RETENTION. INSTRUCTOR WILL CHANGE GENRES WEEKLY (JAZZ, LYRICAL, JAZZ FUNK) 2-3 YEARS OF DANCE EXPERIENCE</i>	ALEX ALBA
WEDNESDAY	5:30 - 6:30	<b>IMPROV / CONTEMPORARY</b> <i>DESCRIPTION: MOVEMENT BASED CLASS 2-3 YEARS OF DANCE EXPERIENCE</i>	ALEX ALBA
WEDNESDAY	6:30 - 7:30	<b>HIP HOP</b> <i>DESCRIPTION: FUN CLASS LEARNING HIP HOP MOVES AND SHORT COMBOS WEEKLY 2-3 YEAR OF DANCE EXPERIENCE</i>	MARIAH SPEARS
WEDNESDAY	7:30 - 8:30	<b>TECH &amp; TURNS</b> <i>DESCRIPTION: WORKING ON TECHNIQUE AT LEAST 3 YEARS OF DANCE EXPERIENCE</i>	BRYNNE BECKER
THURSDAY	3:30 - 4:30	<b>JAZZ</b> <i>DESCRIPTION: WORKING ON TECHNIQUE 3-4 YEARS OF DANCE EXPERIENCE</i>	DEREK NEMECHEK
THURSDAY	4:30 - 5:30	<b>STRECH &amp; CONDITIONING</b> <i>DESCRIPTION: WORKING ON STRECHING AND STRENGTH. *WEIGHTS RECOMMENDED 3-4 YEARS OF DANCE EXPERIENCE</i>	DEREK NEMECHEK
THURSDAY	7:30 - 8:30	<b>CONTEMPORARY</b> <i>DESCRIPTION: WORKING ON MOVEMENT AND COMINATIONS 3-4 YEARS OF DANCE EXPERIENCE</i>	MALIA ASAHINO
SATURDAY	8:30 - 9:30	<b>POMS / JAZZ TURNS &amp; JUMPS</b> <i>DESCRIPTION: TECHNIQUE CLASS GEARED TO WORK ON HIGH SCHOOL DANCE TEAMS AND CHEER TEAMS 3-4 YEARS OF DANCE EXPERIENCE</i>	NICOLE CESTONE
SATURDAY	8:30 - 9:30	<b>FEET &amp; FOUNDATIONS</b> <i>DESCRIPTION: CLASS WILL CONSIST OF WEEKLY FOCUSED EXERCISES ON FEET AND ANKLES TO INCREASE FLEXIBILITY AND STRENGTHEN ANKLES 3-4 YEARS OF DANCE EXPERIENCE</i>	ALIA KANEIAKALA