

**The Dance Department**  
**Summer Competition Team Schedule**  
**July 9 – July 19 & July 30 – August 9**

***Monday: Miss Lauren***

4:30 – 5:00 Pointe  
5:00 – 5:45 Ballet  
5:45 – 6:15 Yoga\PLYO  
6:15 – 6:45 Turns & Jumps  
7:00 – 7:45 Jazz  
7:45 – 8:30 Lyrical  
8:30 – 9:15 Hip-Hop

***Tuesday: Miss Lauren***

4:30 – 5:15 Mini Comp Ballet  
5:15 – 5:45 Mini Comp Jazz  
5:45 – 6:15 Mini Comp Lyrical  
6:30 – 7:15 Tap  
7:15 – 8:00 Contemporary  
8:00 – 8:45 Jazz

***Wednesday: Miss Alisa***

6:00 – 7:00 Hip-Hop 1  
7:00 – 8: Hip-Hop 2

***Thursday: Miss Lauren***

4:30 – 5:00 Pointe  
5:00 – 5:30 Yoga\PLYO  
5:30 – 6:00 Conditioning  
6:00 – 6:30 Ballet  
6:45 – 7:15 Turns & Jumps  
7:15 – 8:00 Tap  
8:00 – 8:45 Lyrical