

DANCE

SCHEDULE

2025/2026

HIP HOP // BREAK DANCE // BALLET

**CLASSES STARTING
SEPTEMBER 15TH, 2025**

3-6 YEARS OLD

BRING IT ON!



MONDAY

**BALLET (RECITAL)
HIP HOP (RECITAL)
ACRO (RECITAL)**

**ALONDRA EPIGMENIO (F)
LAURENCE GAUTREAUX (M)
BROOKLYN WISEMAN (F)**

**5:00-6:00 PM
4:00-5:00 PM
6:00-7:00 PM**

WEDNESDAY

**INTRO TO HIP HOP (TECHNIQUE).
6-12 YRS OLD
JAZZ (RECITAL)**

**SOPHIA "SOSA" (F)
BROOKLYN WISEMAN (F)**

**5:00-6:00 PM
5:00-6:00 PM**

THURSDAY

BEGINNER BREAKDANCE (RECITAL)

LAURENCE GAUTREAUX (M)

6:00-7:00 PM



SUNDAY

**BABY BALLET/PRE-BALLET (RECITAL)
3-5 YRS OLD
LIL' HIP HOP (RECITAL)
PRIMARY BALLET (RECITAL)
6-9 YRS OLD**

**DANIELLE SHOULDICE (F)
DIELLA BALLESTEROS (F)
DANIELLE SHOULDICE (F)**

**10:00-11:00 AM
11:00-12:00 PM
12:00-1:00 PM**

7-12 YEARS OLD

LET'S GO!

MONDAY

BEGINNER HIP HOP & BREAK DANCE (RECITAL)
BALLET (RECITAL)
ACRO (RECITAL)
BEG./INT. HIP HOP (RECITAL)

YOSHI HISANAGA (M)
ALONDRA EPIGMENIO (F)
BROOKLYN WISEMAN (F)
YOSHI HISANAGA (M)

4:00-5:00 PM
4:00-5:00 PM
5:00-6:00 PM
6:00-7:00 PM



TUESDAY

STRENGTH & CONDITIONING (TECHNIQUE)
10+ YRS OLD

SOPHIA "SOSA" (F)

4:00-5:00 PM

STREET STYLE CHOREOGRAPHY.
10-19 YRS OLD (PROGRESSIVE 4 WEEKS)

SOPHIA "SOSA" (F)

5:00-6:00 PM

REGISTRATION AVAILABLE
BEG./INT. BATTLE CLASS: HIP HOP
(FREESTYLE TECHNIQUE)

SOPHIA "SOSA" (F)

7:00-8:00 PM

10+ YRS OLD



WEDNESDAY

HIP HOP (RECITAL)
8 - 13 YRS OLD

SOPHIA "SOSA" (F)

4:00-5:00 PM

JAZZ (RECITAL)
INTRO HIP HOP (TECHNIQUE)

BROOKLYN WISEMAN (F)

5:00-6:00 PM

6-12 YRS OLD

SOPHIA "SOSA" (F)

5:00-6:00 PM

BEG./INT. HIP HOP (TECHNIQUE)

SOPHIA "SOSA" (F)

6:00-7:00 PM

8+ YEARS OLD

7-12 YEARS OLD

LET'S GO!

THURSDAY

INT/ADV HIP HOP (RECITAL)
INT/ADV BREAK DANCE (TECHNIQUE)
POPPING & WAVING (TECHNIQUE)
HIP HOP CHOREOGRAPHY (DROP-IN)
OPEN LEVEL



YOSHI HISANAGA (M) 5:00-6:00 PM
YOSHI HISANAGA (M) 6:00-7:00 PM
LAURENCE GAUTREAU (M) 7:00-8:00 PM
LAURENCE GAUTREAU (M) 8:00-9:00 PM

FRIDAY

NT/ADV HIP HOP & BREAK DANCE (TECHNIQUE)
LEARN TO BATTLE (TECHNIQUE)
(+1 YEAR EXP.) 7+ YRS OLD

YOSHI HISANAGA (M) 4:00-5:00 PM
YOSHI HISANAGA (M) 5:00-6:00 PM

SUNDAY

JAZZ (TECHNIQUE)
PRIMARY BALLET (RECITAL)
6-9 YRS OLD
LEVEL 1 BALLET (RECITAL)
9-11 YRS OLD
INT./LEVEL 2 BALLET (RECITAL)
12-14 YRS OLD



DIELLA BALLESTEROS (F) 12:00-1:00 PM
DANIELLE SHOULDICE (F) 12:00-1:00 PM
DANIELLE SHOULDICE (F) 1:00-2:00 PM
DANIELLE SHOULDICE (F) 2:00-3:00 PM

ARE YOU

READY?

13 - 19 YEARS OLD



MONDAY

ACRO (TECHNIQUE)
BEG./INT. HIP HOP & BREAK DANCE (TECHNIQUE)
BALLET (RECITAL)

BROOKLYN WISEMAN (F) 4:00-5:00 PM
LAURENCE GAUTREAU (M) 6:00-7:00 PM
ALONDRA EPIGMENIO (F) 6:00-7:00 PM

TUESDAY

STRENGTH & CONDITIONING (TECHNIQUE)
10+ YRS OLD
STREET STYLE CHOREOGRAPHY
10-19 YRS OLD (PROGRESSIVE 4 WEEKS)
REGISTRATION AVAILABLE
BEG./INT. BATTLE CLASS: HIP HOP
(FREESTYLE TECHNIQUE)
10+ YRS OLD

SOPHIA "SOSA" (F) 4:00-5:00 PM
SOPHIA "SOSA" (F) 5:00-6:00 PM
SOPHIA "SOSA" (F) 7:00-8:00 PM



WEDNESDAY

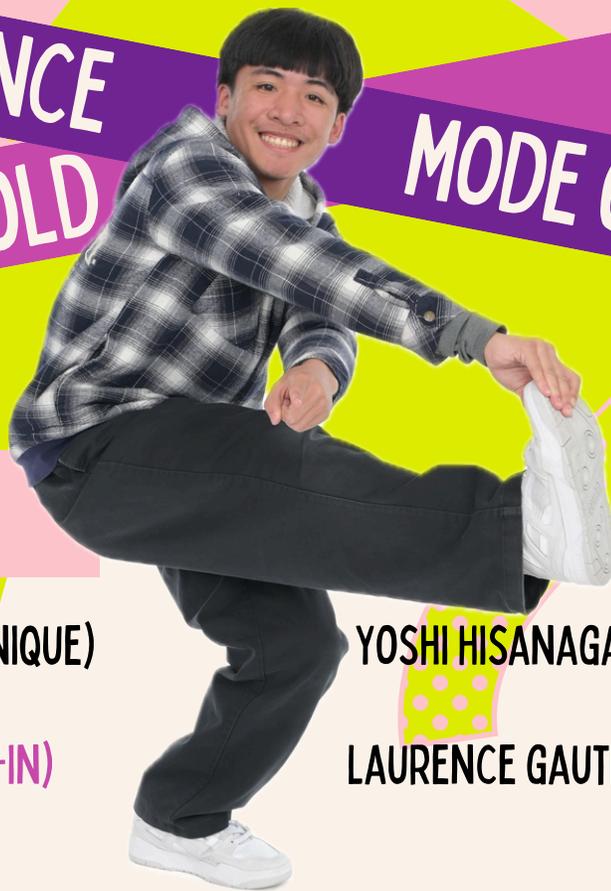
HIP HOP (RECITAL)
8 - 13 YRS OLD
BEG./INT. HIP HOP (TECHNIQUE)
8+ YRS OLD
JAZZ (RECITAL)

SOPHIA "SOSA" (F) 4:00-5:00 PM
SOPHIA "SOSA" (F) 6:00-7:00 PM
BROOKLYN WISEMAN (F) 6:00-7:00 PM

DANCE

13 - 19 YEARS OLD

MODE ON!



THURSDAY

BEGINNER BREAK DANCE (TECHNIQUE)
(+1 YEAR EXP.)
HIP HOP CHOREOGRAPHY (DROP-IN)
OPEN LEVEL

YOSHI HISANAGA (M) 7:00-8:00PM
LAURENCE GAUTREAU (M) 8:00-9:00 PM

FRIDAY

LEARN TO BATTLE ALL AGES (TECHNIQUE)
(+1 YEAR EXP.) +7 YEARS OLD
INT/ADV BREAK DANCE (TECHNIQUE)
INT/ADV HIP HOP (TECHNIQUE)

YOSHI HISANAGA (M) 5:00-6:00 PM
YOSHI HISANAGA (M) 6:00-7:00 PM
YOSHI HISANAGA (M) 7:00-8:00 PM



SUNDAY

JAZZ/LYRICAL (TECHNIQUE)
INT./LEVEL 2 BALLET (RECITAL)
12-14 YRS OLD
ADV./LEVEL 3 BALLET (RECITAL)
15-18 YRS OLD

DIELLA BALLESTEROS (F) 1:00-2:00 PM
DANIELLE SHOULDICE (F) 2:00-3:00 PM
DANIELLE SHOULDICE (F) 3:00-4:00 PM

ADULT

OMG!



MONDAY

BALLET (RECITAL)
ACRO (TECHNIQUE)

ALONDRA EPIGMENIO (F)
BROOKLYN WISEMAN (F)

7:00-8:00 PM
8:00-9:00 PM

TUESDAY

STRENGTH & CONDITIONING (TECHNIQUE).

10+ YRS OLD

BEG./INT. BATTLE CLASS: HIP HOP
(FREESTYLE TECHNIQUE)

10+ YRS OLD

HIP HOP (TECHNIQUE)

SOPHIA "SOSA" (F).

4:00-5:00 PM

SOPHIA "SOSA" (F)

7:00-8:00 PM

SOPHIA "SOSA" (F)

8:00-9:00 PM



WEDNESDAY

BEG./INT. HIP HOP (TECHNIQUE)

8+ YRS OLD

BEGINNER HIP HOP (TECHNIQUE)

BALLET (TECHNIQUE)

BEGINNER HOUSE (TECHNIQUE)

SOPHIA "SOSA" (F)

6:00-7:00 PM

SOPHIA "SOSA" (F)

7:00-8:00 PM

BROOKLYN WISEMAN (F)

7:00-8:00 PM

SOPHIA "SOSA" (F)

8:00-9:00 PM

ADULT

OMG! READY?



THURSDAY

HIP HOP CHOREOGRAPHY (DROP-IN)
OPEN LEVEL (+7 YRS OLD)

LAURENCE GAUTREAUX (M) 8:00-9:00 PM

FRIDAY

LEARN TO BATTLE ALL AGES (TECHNIQUE)
(+1 YEAR EXP.) +7 YRS OLD

YOSHI HISANAGA (M) 5:00-6:00 PM

SUNDAY

BALLET (TECHNIQUE)
18+ ADULT
JAZZ/LYRICAL (TECHNIQUE)

DANIELLE SHOULDICE (F) 11:00-12:00 PM

2:00-3:00 PM

