

Woodstock Cooperative Dance School

Studio B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 – 4:30 Sr. Ballet 14+ yrs. (4 spaces available)	3:30 – 4:30 Sr. Jazz 14+ yrs. (3 spaces available)	12:15-12:45 Power Lunch Dance workout (12 spaces)	4:00-5:00 Adult Hip Hop 18-25 yrs (12 spaces available)		
4:30 – 5:30 Sr. Hip Hop 14+ yrs. (5 spaces available)	4:30 – 5:30 Sr. Lyrical 14+ yrs. (2 spaces available)	1:00-2:00 Adult Fit and Fun Level 3 Dance to current hits Vigorous Adult Workout (12 spaces available)	5:00-6:00 Adult Fit and Fun Level 3 Dance to current hits Vigorous Adult Workout (12 spaces available)		
5:45 – 6:45 Jr/Int Ballet 9-13 yrs. (6 spaces available)	5:45 – 6:45 Jr/Int Jazz 9-13 yrs (7 spaces available)	2:00-3:00 Adult Hip Hop 18-25 yrs (12 spaces available)	6:00-7:00 Adult Fit and Fun Level 2 Dance to 80's-90's music Average Adult Workout (12 spaces available)		
6:45 – 7:45 Int. Musical Theatre 11-13 yrs. (4 spaces available)	6:45 – 7:45 Int Lyrical 11-13 yrs. (4 spaces available)	3:30-4:30 Stretch and Strength (Sr Lyrical 2) 14+ yrs (6 spaces available)	7:15-8:15 Adult Fit and Fun Level 1 Dance to 60's-70's music Lightest Adult Workout (12 spaces available)		
7:45 – 8:45 Int. Hip Hop 11-13 yrs. (2 spaces available)	7:45 – 8:45 Sr Musical Theatre 14+yrs. (8 spaces available)	5:30-6:30 Adult Fit and Fun Level 3 Dance to current hits Vigorous Adult Workout (12 spaces available)			
		6:30-7:30 Adult Fit and Fun Level 2 Dance to 80's-90's music Average Adult Workout (12 spaces available)			
		7:30-8:30 Adult Fit and Fun Level 1 Dance to 60's-70's music Lightest Adult Workout (12spaces available)			



New Programs

- 9 week programs
 - Session 1-January 11-March 7
 - Session 2-March 21-May 16



Regular Session

- Full Program
 - Classes run January 9-June 2
 - Includes participation in our annual recital