

# SPRING BREAK HOUSE PARTY

*Live Streamed To Your Living Room!*

APRIL 13 - 17, 2020

Time	MONDAY, 4/13
2:00 PM	<b>BreakFit Family Fitness</b> w/ Jeromeskee (Beg/Int.) - <i>breaking workout drills</i>
2:40 PM	<b>Beg. Breaking House Party</b> w/ Jeromeskee (all ages) - <i>basic breaking moves</i>
3:20 PM	<b>Disney's Descendants Ballet Barre</b> w/ Miss Anna (Beg/Int. Kids) - <i>dress-up encouraged</i>
4:00 PM	<b>Hawaiian Hula Basics</b> w/ Miss Raquel (all ages) - <i>grab your Hawaiian skirt or shirt</i>
4:40 PM	<b>Buddy Beach Blanket Yoga</b> w/ Miss Lynelle (all ages) - <i>grab a partner</i>
5:20 PM	<b>Tapping to the Tides</b> w/ Miss Olivia (Beg. Kids) - <i>beach-themed tap class</i>
6:00 PM	<b>Latin Groove Cardio</b> w/ Miss Lynelle (all ages) - <i>bright colors encouraged</i>
6:40 PM	<b>"Legs of Steel" Superhero Floor Barre</b> w/ Miss Samantha (teen/adult) - <i>dress-up encouraged</i>
7:20 PM	<b>"Go Wild" Jungle Improvisation</b> w/ Miss Samantha (all ages) - <i>animal print encouraged</i>

Time	TUESDAY, 4/14
9:20 AM	<b>Everyday I'm Shuffling Tap</b> w/ Miss Chelsea (Beg/Int.) - <i>fun exercises &amp; combos</i>
10:00 AM	<b>Tapping in Socks</b> w/ Miss Chelsea (all ages) - <i>no experience necessary</i>
10:40 AM	<b>Beach Boys Balancing Basics</b> Acro w/ Mr. Ethan (all ages) - <i>girls &amp; boys both welcome</i>
11:20 AM	<b>Carpet Conditioning</b> w/ Miss Melissa (all ages) - <i>Pilates stretch &amp; strength</i>
12:00 PM	<b>Mom &amp; Pop Hip Hop</b> w/ Mr. Ethan (Beg. Kids) - <i>get your parents moving &amp; grooving w/ you</i>
12:40 PM	<b>"Bouncing Bonanza" Ballet Jumps</b> w/ Miss Melissa (Int/Adv.) - <i>come warmed up</i>
1:20 PM	<b>Kitchen Contemporary Combo</b> w/ Mr. Ethan (Advanced) - <i>dancing around your "island"</i>
2:00 PM	<b>One with the Waves: Vacation Improvisation</b> w/ Miss Melissa (Intermediate) - <i>time to float away</i>

Time	WEDNESDAY, 4/15
3:20 PM	<b>Yoga Storytime for Tots &amp; Tykes</b> w/ Miss Lea (ages 3 - 6) - <i>bring your yoga mat or beach towel</i>
4:00 PM	<b>Dancing w/ Moana: Ballet Choreography</b> w/ Miss Anna (Beg/Int. Kids) - <i>how far will you go?</i>
4:40 PM	<b>Dancing to Disney</b> w/ Miss Olivia (Toddlers) - <i>Creative Movement</i>
5:20 PM	<b>Hip Hop to Some Bops</b> w/ Miss Olivia (Beg. Kids) - <i>move to some fun songs</i>
6:00 PM	<b>Pajama Jam Dance Party</b> w/ Miss Lynelle (all ages) - <i>bring your pillows, blankets &amp; stuffies</i>
6:40 PM	<b>"Disney Heroes &amp; Villains" Pointe Conditioning</b> w/ Miss Samantha (Int/Adv.) - <i>points for dress-up</i>
7:20 PM	<b>"Toga Party" Epaulement Port De Bras</b> w/ Miss Samantha (Int/Adv.) - <i>Google: bedsheet toga ;)</i>

Time	THURSDAY, 4/16
9:20 AM	<b>Wake-up "Beach" Yoga</b> w/ Miss Lea (all ages) - <i>grab your beach towel &amp; a quiet space</i>
10:00 AM	<b>Dua Lipa Sassy Jazz</b> w/ Miss Lea (Int/Adv.) - <i>time to turn it up &amp; show out</i>
10:40 AM	<b>Beach Body BreakFit</b> w/ Jeromeskee (Int/Adv.) - <i>breaking meets fitness</i>
11:20 AM	<b>I Slay All Day...In My Living Room!</b> w/ Miss Alicia (Int/Adv.) - <i>Sassy, fierce moves to Queen B</i>
12:00 PM	<b>Tea Time Trivia</b> w/ Miss Chelsea (all ages) - <i>grab a cup of tea or cozy drink of choice</i>
12:40 PM	<b>Hip Hop Hooray...It's Spring Break!</b> w/ Miss Alicia (teen/adult) - <i>popular dances from the 90s</i>
1:20 PM	<b>Circus Conditioning</b> w/ Miss Lynelle (all ages) - <i>costumes highly encouraged</i>
2:00 PM	<b>Miss Chelsea's Birthday Bash</b> (all ages) - <i>party dances for Miss Chelsea's B-Day today!</i>

Time	FRIDAY, 4/17
2:40 PM	<b>"Dreaming of Disneyland" Improv Artistry</b> w/ Miss Emily & Karina - P3 students (Intermediate)
3:20 PM	<b>AcroDance Preschool Safari</b> w/ Miss Lea (Toddlers) - <i>act like animals &amp; intro. to acrobatics</i>
4:00 PM	<b>Frozen II Ballet Barre</b> w/ Miss Anna (Beg/Int.) - <i>dress-up encouraged</i>
4:40 PM	<b>Tahitian Technique Workout</b> w/ Miss Raquel (all ages) - <i>shake those hips &amp; sweat it out</i>
5:20 PM	<b>"Pop Star Party" Cardio</b> w/ Miss Lynelle (all ages) - <i>dress-up like your favorite singer</i>
6:00 PM	<b>Latin Groove Cardio</b> w/ Miss Lynelle (all ages) - <i>wear bright colors &amp; head south of the boarder</i>
6:40 PM	<b>"I Wanna Dance With Somebody" Floor Barre</b> w/ Miss Samantha (Int/Adv.) - <i>80s dress-up night</i>
7:20 PM	<b>"Tropical Vacation" Improvisation</b> w/ Miss Samantha (all ages) - <i>let your mind escape</i>