

Sterling Ballet Academy

Schedule of Classes 2024-25

Monday			Tuesday			Wednesday		
5:15-6:00 Little Dancer	5:30-7:00 Adv Ballet			5:00-6:00 Ballet II	4:45-6:00 Intermediate II			4:30-5:30 Ballet I
6-6:45 Pre-Ballet			5:30-6:30 Hip Hop (7-10)	6:00-7:00 Conditioning			5:45-6:45 Ballet III	5:30-7:30 Adv Ballet
							6:45-7:45 Intermediate I	
Thursday			Friday			Saturday		
	4:30-5:30 Jazz I		4:30-5:30 Beginning Ballet	4:45-5:45 Intermediate I	4:30-5:45 Intermediate II	9-9:45 Little Dancer	9:00-10:00 Ballet II	9:00-10:00 Ballet I
5:15-6:15 Lyrical II (Int II)	5:30-6:15 Hip Hop (4-6 y.o.)			5:45-6:45 Lyrical I	5:45-7:45 Adv Ballet	9:45-10:30 Pre-Ballet		
6:15 -7:15 Adv Lyr/Cont.	6:15-7:15 Hip Hop (11+)			6:45-7:45 Ballet III/Teen Ballet		10:30-11:30 Beginning Ballet		