



FULL COMPETITION TEAM PROGRAM SCHEDULE
2025/2026

MONDAY

TIME	BLACK ROOM	RED ROOM	WHITE ROOM
4:00PM	CONTEMPORARY RED	MUSICAL THEATRE	
5:00PM	JAZZ WHITE	BALLET GREY	CONTEMPORARY BLACK
6:00PM	CONDITIONING	LYRICAL RED	
7:00PM	BALLET RED	CONTEMPORARY GREY	
8:00PM	CONTEMPORARY WHITE	LYRICAL BLACK	

TUESDAY

TIME	BLACK ROOM	RED ROOM	WHITE ROOM
4:00PM	JAZZ INSPIRED	PRE-POINTE	
5:00PM	BALLET RED	BALLET INSPIRED	STRETCHING/ TECHNIQUE
6:00PM	ACRO	POINTE	BALLET GREY
7:00PM	MUSICAL THEATRE	BALLET WHITE	
8:00PM	LYRICAL WHITE	JAZZ RED	

WEDNESDAY

TIME	BLACK ROOM	RED ROOM	WHITE ROOM
4:00PM	ACRO		
5:00PM			
6:00PM	STRETCHING/ TECHNIQUE		6:15PM LYRICAL GREY
7:00PM	CONTEMPORARY INSPIRED	JAZZ BLACK	7:15PM JAZZ GREY
8:00PM	LYRICAL INSPIRED		

THURSDAY

TIME	BLACK ROOM	RED ROOM	WHITE ROOM
4:00PM	BALLET INSPIRED	HIP HOP WHITE	
5:00PM		CONDITIONING	BALLET WHITE
6:00PM	ACRO	TAP WHITE	
7:00PM	TAP RED	TAP INSPIRED	
8:00PM	HIP HOP RED	HIP HOP INSPIRED	