

SSD WEEKLY



SCHEDULE

2025-2026

	Monday	Tuesday	Wednesday	Thursday
3:00pm	Aerial Tots (3:45-4:15)	Radiant Rhythms (3:45-4:15)	Mini/Petite Leaps, Turns, and Technique (3:45-4:30) Jr/Teen/Sr Hip Hop (3:45-4:30) Team Rehearsals (3:45-6:15)	Junior/Teen Acro/Tumble IV (3:45-4:30)
4:00pm	Tumble Tots (4:15-4:45) Acro/Tumble I/II (4:45-5:30)	Elementary Tap (4:00-4:40) Intermediate Tap (4:00-4:40) Elementary Jazz (4:40-5:20) Intermediate Jazz (4:40-5:20)	Mini/Petite Hip Hop (4:30-5:15) Junior/Teen Leaps, Turns, and Technique (4:30-6:15)	Jr/Teen/Sr Core/Conditioning (4:30-5:00)
5:00pm	Aerial I/II (5:30-6:10)	Elementary/Intermediate Hip Hop (5:20-6:00) Twirlers and Tappers (Preschool II) (5:20-6:00)	Tiny/Mini/ Petite Rehearsal Rotations (5:15-6:15)	Acro/Tumble (Team) III (5:00-5:45) Jr/Teen/Sr Jazz (5:00-5:40) Aerial Combo (5:30-6:15) Jr/Teen/Sr Contemporary (5:40-6:20)
6:00pm	Movin' Monkeys (Preschool I) (6:10-6:50) Team Rehearsal Rotations (6:30-8:00) Movers and Groovers (Primary I) (6:50-7:35)	Tot Hop (6:00-6:45) Ballet I (6:15-7:15) Rhythm Rangers (Primary II) (6:45-7:30)		Jr/Teen/Sr Tap (6:20-7:00)
7:00pm		Ballet II (7:15-8:30) Elementary Clogging (7:15-7:55)		Aerial III and IV (7:00-7:50)