

SEASON TWO / 2026-2027

UPDATED AUGUST 6, 2026

TIME	APEX STUDIO		BASE STUDIO		CORE STUDIO	
4:00		Conditioning 11+		Level 1 Jazz/Hip Hop		
5:00		Level 5/6 Ballet & Int/Adv Pointe		Level 1 Tap (Ages 4-6)		Level 4 Ballet
6:00		Level 5/6 Ballet & Int/Adv Pointe Continued				Level 4 Ballet Continued
7:00		Choreo 4/5		Adult Ballet		Choreo 6
8:00		Phase One				Adult Dance Fitness

TIME	APEX STUDIO		BASE STUDIO		CORE STUDIO	
4:00		Level 4/5 Ballet & Pre/Beg Pointe		Level 6 Ballet		Conditioning 7-12
5:00		Level 4/5 Ballet & Pre/Beg Pointe Continued		Level 6 Ballet Continued		Level 3 Choreo
6:00		Level 4/5 Tech		Level 2 Ballet		Level 6 Tech
7:00		Level 4 Jazz		Tfdc Broadway Club Ages 7-12		Level 5/6 Jazz
8:00		Level 4 Tap (Teen Beg/Int Tap)		Level 5-6 Tap (Adv Tap)		

TIME	APEX STUDIO		BASE STUDIO		CORE STUDIO	
4:00	Level 3 Tech	Level 1 Conditioning	Level 2 Ballet			
5:00	Level 3 Ballet	Level 1 Acro	Level 2 Tech			
6:00	Level 2 Choreo	Adult Tap	Level 3 Turns			
7:00	Level 2 Tap (Junior Beg Tap)	Level 3 Tap (Junior Int Tap)	Tfdc Men'S Training Club			
8:00						

THE FOUNDATION DANCE COMPLEX

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WEEKLY CLASS SCHEDULE

UPDATED AUGUST 6, 2026

Thursday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
4:00	Int Flex & Tricks	Level 1 Ballet	Conditioning 14+
5:00	Level 6 Ballet	Phase 1	Level 4 Hip Hop
6:00	Level 4/5 Ballet	Adv Flex & Tricks	Level 5/6 Hip Hop
7:00	Adult Jazz	Level 5/6 Turns	Level 3/4 Acro
8:00	Adult Hip Hop	Level 4 Turns	Level 5/6 Acro

Friday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
4:00	Conditioning 7-12		
5:00	Level 3 Ballet	Boogie Builders (Ages 4-5)	Level 2 Acro
6:00	Level 3 Jazz	Intro To Hip Hop (Ages 7-12)	Level 2 Jazz
7:00	Level 2 Hip Hop		Level 3 Hip Hop
8:00			Phase One

Saturday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
9:00	Solid Starts 15+ Months		
10:00	Building Blocks 3-4 Year Olds		
11:00	Tiny Track Team		
12:00			
1:00			