

THE FOUNDATION DANCE COMPLEX

SEASON TWO / 2026-2027

WEEKLY CLASS SCHEDULE

UPDATED OCTOBER 2026

Monday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
4:00	Level 1 Jazz/Hip Hop		Conditioning 11+
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	Adult Dance Fitness	Phase One	Phase One

Tuesday

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)	

Wednesday

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)	
8:00			

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Thursday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
4:00	Level 5/6 Ballet	Level 1 Ballet	Int/Adv Flex & Tricks Ages 10-14
5:00	Adv Flex & Tricks Ages 15+	Phase One Tiny Tracks	Level 4 Hip Hop
6:00	Intermediate Acro Ages 10-14	Level 4/5 Ballet	Level 5/6 Hip Hop
7:00	Advanced Acro Ages 15+	Advanced Turns Ages 10-14	Adult Jazz
8:00	Advanced Acro Ages 10-14	Advanced Turns Ages 15+	Adult Hip Hop

Friday

TIME	APEX STUDIO	BASE STUDIO	CORE STUDIO
4:00	Conditioning 7-12		
5:00	Level 2 Acro	Boogie Builders (Ages 4-5)	Level 3 Ballet
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	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			
12:00			
1:00			