

GDA Class Schedule – DECEMBER 2012

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am			*Contemporary Choreography (Pro Level) Stephan		*Contemporary Ballet (Pro Level) Rachel		*Int. Contemporary Jazz Rachel ZUMBA FITness® (FIT) Mimi *Beg/Int Ballet Stephan
11:00am	*Int./Adv. Lyrical Jazz Peter						
11:30am							*Leaps, Turns & Legs All Levels Peter Beg. Jazz Mix Tim
12:00pm		Cardio Hip Hop (FIT) Khalil		Cardio Hip Hop (FIT) Khalil			
12:30pm							
1:00pm	Explore Hip Hop Khalil *Allynism (Int. Contemporary) Allyne						*Int. Pop Jazz Peter
2:00pm	Int. Contemporary Hip Hop Monica Noble						
5:30pm			Beg. Q-Style Hip Hop Quincy	Beg. Retro-Style Hip Hop Lyrik			
6:00pm		**Abs-Xpress (FIT) Peter	*Explore Jazz Daryl				
6:30pm		Power Yoga (FIT) Peter East Coast Grooves Gary (Int. H/H) Explore Pop Fusion Apollo ZUMBA FITness® (FIT) Versondra	Strictly Stiletto (FIT) All Levels Lyrik Int. Hip Hop Khalil	Beg. Leaps & Turns Rikki ZUMBA FITness® (FIT) Tiffany Pumped Kimmie G.	Explore Classically Stretched (FIT) Kim Explore POP Jazz Peter Jus Dance Gordie (Beg/Int H/H)	East Coast Grooves Gary (Beg/Int. H/H) Beg Contemporary Christen	
7:00pm						*Intermediate Ballet Rikki	
7:30pm		Explore Ballet Rikki Explore Hip Hop Khalil Int. Urban Moves (H/H) Monica Noble	Int. Jazz Mix Tim Beginner Ballet Barre Rikki Stage Hip Hop Monica W.	Adv. Q Style Hip Hop Quincy Explore Hip Hop Khalil Beg/Int. EMOTE Monica Noble	Leaps & Turns All Levels Cici Explore Ballet Peter Int. Retro Hip Hop Lyrik	Int. Hip hop Brandon	
8:30pm		*Explore Lyrical Cassandra *Intermediate Modern Roscoe Fresh Vibes Juan (Int/Adv H/H)	Int. Contemporary Daryl Int. Hip Hop-ography LaMonte'	*Allynism (Int. Adv. Contemporary) Allyne *Xoticy Monica W.	Int. Hip Hop-ography LaMonte' *Int/Adv Afro- Contemporary Ballet Kris		

*An asterisk indicates a 1 ½ hour class. **A double asterisk indicates a ½ hour class. ***A triple asterisk indicates an instructor who is subbing a class.
(FIT) – Fitness classes are fun and burn some serious calories! (H/H) – Hip Hop classes. Class schedule and instructors are subject to change.