

LHQ Danceforce's REC Schedule **Starts - September 8th 2025 - JUNE 2026** Updated 8/16/2025

MONDAY - ROOM A

ROOM B

ROOM C

Mon 4:15-5:00	Mon 4:30-5:00 Giggle Toes Ages (2-3)	
Mon 5:00-5:45 Musical Theater Ages (8-12)	Mon 5:00-5:45	Mon 5:00-5:45 Be Bop Ages (3-5)
Mon 5:45-6:30 Acro 1 - By Skill Level	Mon 5:45-6:30 Lyrical Ages (8-12)	Mon 5:45-6:30 Princess Ballet/Tap Ages (3-5)
Mon 6:30-7:15 Acro 2 -By Skill LEVEL	Mon 6:30-7:15 Hip Hop 1 Ages (8-12)	
Mon 7:15-8:00 Adult Tap -Int		
Mon 8:00-8:45 Adult Jazz - Int		
Mon 8:45-9:30 Adult Lyrical - Int		

TUESDAY - ROOM A

ROOM B

ROOM C

	Tues 4:15-5:30 - Lisa Teen/Adult BALLET - 13 & UP	
	Tues 5:30-6:45 - Lisa BALLET 2 - Ages 8-12	Tues 6:00-6:45 - Brenda Jazz Primary (Age 5-7)
	Tues 6:45-7:45 - Lisa Primary BALLET - Ages 6-9	

WEDNESDAY - ROOM A

ROOM B

ROOM C

	Wed 4:15-5:00 Princess Ballet/Tap Ages (3-5)	
Wed 5:00-5:45 Acro 1/2 Ages 6-10	Wed 5:00-5:45 Primary BALLET - Ages (6-9)	Wed 5:00-5:45 Be Bop Ages (3-5)
Wed 5:45-6:30 Jazz Ages (8-12)	Wed 5:45-6:15 - Little Monkey Movers (Parent & Walking Tot) NON Recital	Wed 5:45-6:30 - Lyrical Primary Ages 5-7
Wed 6:30-7:30 Ballet 1 - Ages (8-12)	Wed 6:30-7:15	Wed 6:30-7:15 Jazz Primary - Ages 5-7
X	Wed 7:15-8:00 Teen/Adult Pilates	
Wed 8:00-8:45 Hip Hop Ages (8-12)		

THURSDAY - ROOM A**ROOM B****ROOM C**

	Thurs 4:45-5:15 – Tap ½ - Steven Tap Technique - Ages 8-12 NON Recital	Thurs 4:15-5:00 Tap Primary - Ages (6-9)
Thurs 7:00-7:30 - Laura Acro C (advanced) - NON Recital		Thurs 5–5:45 Hip Hop Primary Ages (6-9)
Thurs 7:30-8:00 - Laura Acro A (beginner) - NON Recital		
Thurs 8:00-8:30 - Laura Acro B (intermediate) - NON Recital		

SATURDAY - ROOM A**ROOM B****ROOM C**

	Sat 9:30-10:00 Little Monkey Movers (Parent & Walking Tot) NON Recital	
	Sat 10:00-10:30 Giggle Toes - Ages 2-3	
Sat 10:30-11:15 – Hip Hop Primary Ages (5-7)	Sat 10:30-11:15 Be Bop Ages (3-5)	
Sat 11:15 -12:00 – Ballet/Lyrical Primary - Ages (5-7)	Sat 11:15-12:00 – Princess Ballet/Tap Ages (3-5)	

RED Classes - AGES - Walking til 2 (with Parent/Caregiver)

PINK Classes - AGES 2-3

YELLOW Classes - AGES 3-5

GREEN Classes - AGES - 5-7 or 6-9

BLUE Classes - AGES 8-12

GRAY Classes - TEEN/ADULT Classes