

GDA Adult Class Schedule – NOVEMBER 2014

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM							Zumba Fitness® (GDA FIT) Mimi *Beg./Int. Ballet Stephan
10:30 AM			*Ballet (Pro Level) Rachel Truitt		*Contemporary Ballet (Pro Level) Rachel Truitt		Beg./Int. Street Jazz (H/H) Jordan
11:00 AM	**Int. Ballet Kara						
11:30 AM							*Beg./Int. Leaps, Turns & Legs CiCi Beginner Hip Hop Khalil Dancer's Stretch (GDA FIT) Stephan
12:00 PM							
1:00 PM	Beginner Hip Hop Khalil *Allynism (Int./Adv. Contemporary) Allyne						*Int./Adv. Lyrical Daryl Urban Grooves Int./Adv.H/H) Keith
2:00 PM	Danceline Groove (Specialty Class) Choreo U						
3:00 PM	*Hip Hop Tech (Int./Adv./ H/H) Gary						
5:30 PM		Beginner Hip Hop Brandon		Beginner Retro-Style Hip Hop Lyrik			
6:00 PM		Abs X-press (30 minutes) (GDA FIT) Jordan Galloway		*Int. Jazz Mix Tim Meyers	Fab Abs (30 minutes) (GDA FIT) Peter		
6:30 PM		Street Jazz (Int./Adv. H/H) Jordan Beginner Urban Contemporary Mistye Zumba Fitness® (FIT) Tiffany Int. Abstract Fusion Lauren	Urban Burlesque All Levels (Specialty Class) Lyrik Int. Hip Hop Khalil Int. Jazz Funk Sherrod Yoga 4 Dancers (GDA FIT) Lexi Beginner Urban Grooves Keith	Zumba Fitness® (GDA FIT) Mimi East Coast Grooves (Int. H/H) Gary Ballet Basics Rikki	Beginner POP Jazz Peter Beginner Hip Hop Jordan Int./Adv. Ballet Allyne	AtLA Swagg (Adv. H/H) Kiki Int. Contemporary Erin	
7:30 PM		Beginner Hip Hop Khalil Beg./Int. Ballet Allyne Dancehall (All Levels) Specialty Class Nicholas Int. Hip Hop Brandon Jones	Beginner Ballet Barre Rikki Int. Stage Hip Hop Zoe Zumba Fitness® (GDA FIT) Tiffany	Beginner Hip Hop Khalil Beg./Int. EMOTE Monica Noble Int. Broadway Jazz Stephan Piloxing® (GDA FIT) Meagan	Leaps & Turns (Int./Adv.) CiCi Int. Retro Hip Hop Lyrik Yoga (GDA FIT) Peter	Int. Hip Hop Khalil Leaps & Turns (All Levels) Rikki	
8:30 PM		*East Coast Grooves (Int. H/H) Gary Beginner Lyrical Cassandra *Int. Modern Roscoe *Int. Contemporary Jazz Rachel Truitt	*Int. Contemporary Daryl *Int. Hip Hop-ography LaMonte' Jazz Basics Rikki Heel Talk (Specialty Class) Tasha Bryant	*Allynism (Int./Adv. Contemporary) Allyne *Int./Adv. Hip Hop Impulse D-Ray *Xoticity Monica Wilson	*Int. Hip Hop-ography LaMonte' Stiletto (Specialty Class) Evari *Int. Contemporary Ballet Kara *Allynism (Pro Level) Allyne	Int. Femme Fatale (H/H) Kristen LIFT (Pro Level) Guest Instructor	

*An asterisk indicates a 1 ½ hour class. **A double asterisk indicates a 2 hour class. ***A triple asterisk indicates an instructor who is subbing a class.

(GDA FIT) – Fitness classes that are fun, easy and will burn some serious calories!

(Specialty) - Students who take our specialty classes are looking to acquire a certain set of skills that cannot be obtained in a GDA FIT, hip hop or technique class.

(H/H) – Hip Hop classes (Class schedule and instructors are subject to change)