2026-27 Studios Youth/Adult Weekly Class Schedule - DC | Friendship Heights

Updated 7/15/2026

Monday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Modern 3 4:00-5:15pm (Ages 9-11)	**Beginning Ballet** 4:00-4:45pm (Ages 6-7)	**Pre Jazz/Modern** 4:00-4:45pm (Ages 4-5)	**Creative Movement** 4:00-4:45pm (Ages 3-4)
	Pre Ballet B 4:45-5:30pm (Ages 5)	**Beg Jazz/Modern** 4:45-5:30pm (Ages 6-7)	**Beginning Tap** 4:45-5:30pm (Ages 6-7)
Modern 5 5:15-6:30pm (Ages 13+)	**Ballet 3** 5:30-6:45pm (Ages 9-11)	**Jazz 2** 5:30-6:30pm (Ages 8-9)	**Tap 4** 5:30-6:45pm (Ages 12+)
Adult All Lvl Heels 6:30-7:30pm	**Ballet 5** 6:45-8:00pm (Ages 13+)	**Teen Beg Musical Theater Jazz** 6:30-7:30pm (Ages 13+)	**Adult Beg Tap** 6:45-7:45pm
Teen Beg Hip Hop 7:30-8:30pm (Ages 13+)		**Adult Int Contemporary** 7:30-9:00pm	**Adult Int Tap** 7:45-9:00pm

Tuesday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Tween Beg Hip Hop 4:15-5:15pm (Ages 10-12)	**Ballet 1** 4:00-5:00pm (Ages 7-8)	**Creative Movement** 4:00-4:45pm (Ages 3-4)	**Hip Hop 3** 4:00-5:15pm (Ages 9-11)
	Modern 3 5:00-6:15pmpm (Ages 9-11)	**Pre Ballet A** 4:45-5:30pm (Ages 4)	
Teen Adv Beg KPop 5:15-6:15pm (Ages 13+)		**Tween Beg Modern** 5:30-6:30pm (Ages 10-12)	**Hip Hop 4** 5:15-6:30pm (Ages 12+)
Jazz 5 6:15-7:30pm (Ages 13+)	**Jazz 3** 6:15-7:30pm (Ages 9-11)	**Ballet 4** 6:30-7:45pm (Ages 12+)	**Hip Hop 2** 6:30-7:30pm (Ages 8-9)
Adult Beg Hip Hop 7:30-8:30pm	**Adult Adv Beg POM** 7:30-8:30pm	**Adult All Lvl Barre Fit / Pilates** 7:45-8:45pm	**Adult Beg/Int Flamenco** 7:30-8:30pm
			Adult Adv Flamenco 8:30-9:45pm

Wednesday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
		Parent & Me 9:30-10:15am (Ages 18 mos-2)	
		Adult Beg Ballet 10:15-11:30am	
Tween Beg Jazz 5:15-6:15pm (Ages 10-12)	**Jazz/Modern 1** 4:15-5:15pm (Ages 7-8)	**Ballet 3** 4:00-5:15pm (Ages 9-11)	**Pre Hip Hop** 4:15-5:00pm (Ages 4-5)
			Hip Hop 1 5:00-6:00pm (Ages 7-8)
Modern 4 5:15-6:30pm (Ages 12+)	**Jazz 4** 5:15-6:30pm (Ages 12+)	**Jazz 3** 5:15-6:30pm (Ages 9-11)	
			Tap 3 6:00-7:00pm (Ages 9-11)
Modern 4 6:30-7:45pm (Ages 12+)	**Jazz 4** 6:30-7:45pm (Ages 12+)	**Teen Beg Modern** 6:30-7:30pm (Ages 13+)	**Hip Hop 2** 6:30-7:30pm (Ages 8-9)
		Adult Adv Beg Musical Theater Jazz 7:30-8:30pm	**Adult Adv Beg Tap** 7:00-8:00pm
Adult Beg Flamenco 7:45-8:45pm	**Adult Beg Contemporary** 7:45-9:00pm		
Adult Adv Beg Flamenco 8:45-9:45pm			**Adult Beg Tap** 8:00-9:00pm

Thursday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Hip Hop 3 4:00-5:15pm (Ages 9-11)	**Beg Ballet** 4:00-4:45pm (Ages 6-7)		**Pre Hip Hop** 4:00-4:45pm (Ages 6-7)
	Ballet 1 4:45-5:45pm (Ages 7-8)		**Beg Hip Hop** 4:45-5:30pm (Ages 6-7)
Hip Hop 5 5:15-6:30pm (Ages 13+)		**Tween Beg Ballet** 4:15-5:15pm (Ages 10-12)	
	Teen Beg Ballet 5:45-6:45pm (Ages 13+)	**Ballet 3** 5:15-6:30pm (Ages 9-11)	**Hip Hop 1** 5:30-6:30pm (Ages 7-8)
Adult Int Contemporary 6:30-8:00pm	**Adult Beg Ballet** 6:45-8:00pm	**Hip Hop 3** 6:30-7:45pm (Ages 9-11)	**Hip Hop 2** 6:30-7:30pm (Ages 8-9)
			Adult All Lvl Zumba 7:30-8:30pm
Beginner Lyrical 8:00-9:00pm	**Adult Adv Beg Ballet** 8:00-9:15pm		

Friday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Pre Hip Hop 4:15-5:00pm (Ages 4-5)	**Pre Ballet A** 4:15-5:00pm (Ages 4)		
		Creative Movement 4:30-5:15pm (Ages 3-4)	
Beginning Hip Hop 5:00-5:45pm (Ages 6-7)	**Ballet 2** 5:00-6:00pm (Ages 8-9)	**Pre Ballet B** 5:15-6:00pm (Ages 5)	**Teen Beg Tap** 4:45-5:45pm (Ages 13+)
Teen Beg Jazz 5:45-6:45pm (Ages 13+)			**Tween Beg Tap** 5:45-6:45pm (Ages 10-13)
KPop Fridays 7:00-8:30pm (ages 16+) Every 2nd & 4th Friday		**Sippin' w/ CityDance** 7:00-8:30pm (ages 21+) Every 3rd Friday Every 3rd Friday	

Saturday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Creative Movement 8:45-9:30am (Ages 3-4)	**Ballet 1** 8:45-9:45am (Ages 7-8)		
		Pre Ballet A 9:00-9:45am (Ages 4)	**Pre Hip Hop** 9:00-9:45am (Ages 4-5)
Creative Movement 9:30-10:15am (Ages 3-4)		**Pre Ballet B** 9:45-10:30am (Ages 5)	**Beginning Hip Hop** 9:45-10:30am (Ages 6-7)
	Adult Adv Int The Jackson Method Ballet 10:00-11:30am		
Jazz/Modern 1 11:00-12:00pm (Ages 7-8)		**Beginning Ballet** 10:30-11:15am (Ages 6-7)	**Hip Hop 3** 10:30-11:45am (Ages 9-11)
Pre Jazz/Modern 11:15-11:00am (Ages 4-5)		**Beginning Jazz/Modern** 11:15-12:00pm (Ages 6-7)	
	Ballet 2 11:45-12:45pm (Ages 8-9)		**Hip Hop 4** 11:45-1:00pm (Ages 12+)
Pre Ballet B 12:00-12:45pm (Ages 5)			
Modern 2 12:45-1:45pm (Ages 8-9)			**Hip Hop 1** 1:00-2:00pm (Ages 7-8)
		Filipino Dance Workshop 2:00-3:00pm (ages 8-Adult) Every 1st Saturday	**Hip Hop 2** 2:00-3:00pm (Ages 8-9)

Sunday

FRH V Wood	FRH W Marley	FRH X Marley	FRH Y Wood
Adult All Lvl Zumba 9:00-9:45am	**Beginning Ballet** 9:00-9:45am (Ages 6-7)	**Creative Movement** 9:00-9:45am (Ages 3-4)	**Pre Tap** 9:00-9:45am (Ages 4-5)
Adult All Lvl Barre Fit 9:45-10:30am	**Ballet 1** 9:45-10:45am (Ages 7-8)	**Pre Ballet A** 9:45-10:30am (Ages 4)	**Beginning Tap** 9:45-10:30am (Ages 6-7)
Adult All Lvl SharQui 10:30-11:15am		**Beginning Ballet** 10:30-11:15am (Ages 6-7)	
	Ballet 2 10:45-11:45am (Ages 8-9)		**Tap 1** 10:45-11:45am (Ages 7-10)
		Pre Ballet B 11:15-12:00pm (Ages 5)	
		Beginning Hip Hop 12:00-12:45pm (Ages 7-8)	**Tap 2** 11:45-12:45am (Ages 8-10)
	Adult Adv Beg Musical Theater Jazz 12:45-2:00pm		**Adult Beginner Flamenco** 12:45-1:45pm
Flamenco 1 1:45-2:45pm (Ages 7-10)			**Adult Flamenco Repertoire** 1:45-2:45pm
		Creative Movement 2:15-3:00pm (Ages 3-4)	
		Pre Hip Hop 3:00-3:45pm (Ages 4-5)	
		Beginning Hip Hop 3:45-4:30pm (Ages 6-7)	