



The Academy Program
Weekly Class Requirements

30 min.	Stage Mini 2.5 hours
1 hour	Choreography
1 hour	Ballet
1 hour	Jazz
1 hour	Elective (Optional)
30 min.	Street Mini 2.5 hours
1 hour	Choreography
1 hour	Hip Hop
1 hour	Acrobats
1 hour	Elective (Optional)
Cross-Training Program Stage & Street 5+ hrs	
1 hour	Choreography
1 hour	Ballet
1 hour	Jazz
1 hour	Hip Hop
1 hour	Acrobats
1 hour	Elective (Optional)

45 min.	Stage Juniors 5+ hours
1 hour	Choreography
1 hour	Ballet
1 hour	Jazz
1 hour	Technique
1 hour	Elective
30 mins	Stage Skills
45 min.	Street Juniors 4+ hours
2 hour	Choreography
1 hour	Hip Hop
1 hour	Acrobats
1 hour	Electives
Cross-Training Program Stage & Street 8+ hrs	
1.5 hour	Choreography
1 hour	Ballet
1 hour	Jazz
1 hour	Technique
2 hour	Hip Hop
1 hour	Acrobats
30 mins	Stage Skills

45 min.	Stage Teen 8+ hours
2 hour	Choreography
1 hour	Ballet
1 hour	Jazz
1 hour	Contemporary
1 hour	Technique
1 hour	Elective
1 hour	Conditioning
30 mins	Stage Skills
45 min.	Street Teen 6+ hours
2 hour	Choreography
1 hour	Hip Hop
1 hour	Acrobats
1 hour	Elective
1 hour	Conditioning
30 mins	Stage Skills

Cross-Training Program Teen Stage & Street 12+ hours	
1.5 hours	Choreography
2 hour	Ballet
1 hour	Jazz
1 hour	Contemporary
2 hour	Hip Hop
1 hour	Technique
1 hour	Acrobats
1 hour	Elective
1 hour	Conditioning
30 mins	Stage Skills

