

MSSD Drop-In Classes 2024

Cost: \$15.00 per class paid PRIOR to start of class (cash, check, Venmo)

| Monday, May 20th | Studio A | Studio B | Studio C | Studio D |
|---|-----------------------------|------------------------|---|------------------------------|
| 5:00-6:00 pm | Ballet Technique (8-10) JM | Technique (5-7) CS | Acro Strength Training-FD *weights and bands needed* | |
| 6:00-7:00 pm | Ballet Technique (11-13) JM | Hip Hop (8-10) CS | Handsprings & Variations-FD *must have back arabian | |
| 7:00-8:00 pm | Ballet Technique (14 +) JM | | Partner Skills FD | |
| Wednesday, May 22nd | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Improv/Movement (8-10) GM | Pilates (14+) OS | | Technique (11-13) SJ/MM |
| 6:00-7:00 pm | Improv/Movement (11-13) GM | Contemporary (8-10) OS | | Technique (14 and up) SJ/MM |
| 7:00-8:00 pm | Improv/Movement (14 +) GM | Pilates (11-13) OS | | Technique (8-10) SJ/MM |
| Tuesday, May 28th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Ballet Technique (14 +) JM | | Beyond Basic Leaps-FD | Technique (11-13) GM |
| 6:00-7:00 pm | Ballet Technique (11-13) JM | | Acro Flexibility Skills-FD | Technique (8-10) GM |
| 7:00-8:00 pm | Ballet Technique (8-10) JM | | Back Tuck Class-FD *must have clean back handspring* | Hip Hop (14 +) GM |
| Wednesday, May 29th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Technique (5-7) CD | Pilates (14+) OS | | Technique (11-13) SJ/MM |
| 6:00-7:00 pm | Jazz (11-13) CD | Contemporary (8-10) OS | | Technique (14 and up) SJ/MM |
| 7:00-8:00 pm | Hip Hop (14+) CD | Pilates (11-13) OS | | Turns ONLY (11 and up) SJ/MM |
| Thursday, May 30th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Technique (11-13) CD | Hip Hop (14 +) MD | | Leaps ONLY (8-10) GM |
| 6:00-7:00 pm | Technique (5-7) CD | Hip Hop (8-10) MD | | Improv/Movement (11-13) GM |
| 7:00-8:00 pm | Contemporary (8-10) CD | | | Leaps ONLY (11 +) GM |
| Monday, June 3rd | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Ballet Tech (8-10) JM | Contemporary (14+) MD | | Technique (11-13) SJ/MM |
| 6:00-7:00 pm | Ballet Tech (11-13) JM | Turns ONLY (8-10) MD | | Technique (14+) SJ/MM |
| 7:00-8:00 pm | Ballet Tech (14 +) JM | | | Stretch and Flex (11+) SJ/MM |

| Tuesday, June 4th | Studio A | Studio B | Studio C | Studio D |
|---|----------------------------|---------------------------|--|--|
| 5:00-6:00 pm | Hip Hop (14+) GM | Hip Hop (8-10) CS | Side Aerial Class-FD *must have a clean cartwheel | Technique (5-7) CD |
| 6:00-7:00 pm | Leaps ONLY (11-13) GM | Jazz (5-7) CS | Front Walkovers & Limbers-FD *must have a strong handstand | Technique (8-10) CD |
| 7:00-8:00 pm | Leaps ONLY (8-10) GM | Stretch and Flex (5-7) CS | Flips and Tricks-FD | Technique (11-13) CD |
| Wednesday, June 5th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Technique (5-7) CS | | | Pilates (14+) OS |
| 6:00-7:00 pm | Hip Hop (8-10) CS | | | Contemporary (14+) OS |
| 7:00-8:00 pm | Stretch and Flex (8-10) CS | | | Pilates (8-10) OS |
| Thursday, June 6th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Ballet Tech (14+) JM | Hip Hop (5-7) MD | Front Aerial-FD *must have strong front walkover | Technique (11-13) GM |
| 6:00-7:00 pm | Ballet Tech (11-13) JM | Contemporary (14+) MD | Back Walkover & Variations-FD *must have strong standing bridge | Technique (8-10) GM |
| 7:00-8:00 pm | Ballet Tech (8-10) JM | | | Hip Hop (14+) GM |
| Monday, June 10th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Technique (11-13) GM | Hip Hop (8-10) MD | | Stretch and Flex (5-7) SJ/MM |
| 6:00-7:00 pm | Hip Hop (11-13) GM | Contemporary (11-13) MD | | Turns ONLY (8-10) SJ/MM |
| 7:00-8:00 pm | Improv/Movement (8-10) GM | | | Turns ONLY (14+) SJ/MM |
| Tuesday, June 11th | Studio A | Studio B | Studio C | Studio D |
| 5:00-6:00 pm | Technique (8-10) GM | | Handsprings & Variations-FD *must have back arabian | |
| 6:00-7:00 pm | Hip Hop (8-10) GM | | Connected Acro Skills/Passes-FD *must have strong round off | Musical Theater SPECIAL class (11+) Michele Meckl |
| 7:00-8:00 pm | Improv/Movement (14+) GM | | Acro Flexibility Skills-FD | |