



WEST HAWAII DANCE
THEATRE & ACADEMY

CLASSES BY AGE & SKILL LEVEL

as of August 25, 2025

Pre-Ballet/Creative Movement

Tuesdays 4:35-5:05 p.m.
Wednesdays 4-4:30 p.m.
Saturdays 8:50-9:20 a.m.

Primary Ballet

Tuesdays 3:45-4:30 p.m.
Thursdays 3:30-4:15 p.m.
Saturdays 9:25-10:10 a.m.

Conditioning

GYROKINESIS®
Mondays 9-10 a.m.

Zena Rommett Floor-Barre®
Mondays 10:05-11 a.m.

Ballet Body Conditioning
Mondays 4:15-5 p.m.

Contemporary

Contemporary I/II
Mondays 5:15-6:00 p.m.

Contemporary III/IV
Wednesdays 5:35-6:35 p.m.

Adult

Adult Beginning Pointe
Mondays 11:10-11:50 a.m.

Adult Beginning Ballet
Wednesdays 9-10 a.m.

Adult Intermediate Ballet
Fridays 10-11:15 a.m.

Ballet Technique I

Tuesdays 4:35-5:20 p.m.
Saturdays 10:10-11 a.m.

Ballet Technique II

Mondays 4:30-5:15 p.m.
Thursdays 3:30-4:15 p.m.
Saturdays 11-11:55 a.m.

Ballet Technique III

Tuesdays 5:15-6:30 p.m.
Wednesdays 4:35-5:35 p.m.
Thursdays 4:20-5:15 p.m.

Ballet Technique IV & above

Ballet IV
Mondays 5:00-6:15 p.m.
Thursdays 4:20-5:15 p.m.

Int/Adv
Saturdays 12:00-1:30 p.m.

Pointe (all levels)

By invitation; skills assessment required

Thursdays 5:20-6:05 p.m.

Performance Groups

By invitation

Junior Performance Group
Thursdays 6:05-6:50 p.m.

Senior Performance Group
Mondays 6:15-7 p.m.
Thursdays 6:05-6:50 p.m.
Saturdays 1:30-2:30 p.m.

Learn more at whdt.org or call (808) 329-8876