



CLASSES BY DAY OF WEEK

as of January 5, 2026

MONDAY

9-10 a.m.
10:05-11 a.m.
11:10-11:50 a.m.
3:45-4:30 p.m.
4:30-5:15 p.m.
4:30-5:15 p.m.
5:15-6:30 p.m.
5:15-6 p.m.
6:30-7:15 p.m.

MAIN STUDIO

GYROKINESIS® (Zoom & In-studio)
Zena Rommett Floor Barre®
Adult Beginning Pointe (Value Class)
Ballet Technique I
Ballet Body Conditioning

Ballet Technique IV

Pointe III/IV & Senior Performance Group

STUDIO 2

Ballet Technique II

Contemporary I/II

TUESDAY

3:45-4:30 p.m.
4:35-5:05 p.m.
4:35-5:20 p.m.
5:15-6:30 p.m.

MAIN STUDIO

Primary Ballet
Pre-Ballet/Creative Movement

Ballet Technique III

STUDIO 2

Ballet I Technique

WEDNESDAY

6-7:15 a.m.
9-10 a.m.
4-4:30 p.m.
4:35-5:35 p.m.
5:35-6:35 p.m.

MAIN STUDIO

Ashtanga Yoga: Led Primary Series (contact Virginia (808) 937-6070 to attend)
Adult Beginning Ballet (Value Class)
Pre-Ballet Creative Movement
Ballet Technique III
Contemporary III/IV

THURSDAY

3:30-4:15 p.m.
4:20-5:15 p.m.
5:20-6:05 p.m.
6:05-6:50 p.m.

MAIN STUDIO

Ballet Technique II
Ballet Technique III
Pointe I
Jr. Performance Group

STUDIO 2

Primary Ballet
Ballet Technique IV
Pointe II/III
Sr. Performance Group

FRIDAY

6-7:15 a.m.
10-11:15 a.m.

MAIN STUDIO

Ashtanga Vinyasa Yoga (contact Virginia (808) 937-6070 to attend)
Adult Intermediate Ballet

SATURDAY

8:50-9:20 a.m.
9:25-10:10 a.m.
10:10-11 a.m.
11-11:55 a.m.
12-1:30 p.m.
1:30-2:30 p.m.

MAIN STUDIO

Pre-Ballet/Creative Movement
Primary Ballet
Ballet Technique I
Ballet Technique II
Intermediate/Advanced Ballet Technique
Intermediate/Advanced Pointe & Sr. Performance Group

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