



CLASSES BY DAY OF WEEK

as of May 25, 2026

MONDAY

9-10 a.m. **GYROKINESIS®** (Zoom and In-Studio)
 10:05-11 a.m. Zena Rommett Floor Barre®
 11:10-11:50 a.m. Adult Beginning Pointe (Value Class)
 3:45-4:30 p.m. Ballet Technique I
 4:30-5:15 p.m. Ballet Body Conditioning
 4:30-5:30 p.m.
 5:15-6:30 p.m. Ballet Technique IV
 5:30-6:15 p.m.
 6:30-7:15 p.m. Pointe III/IV & Senior Performance Group

STUDIO TWO

Ballet Technique I
 Ballet Technique II
 Contemporary I/II

TUESDAY

3:30-4:20 p.m.
 3:45-4:30 p.m. Primary Ballet
 4:20-5:10 p.m.
 4:35-5:05 p.m. Pre Ballet/Creative Movement
 5:10-6 p.m.
 5:15-6:30 p.m. Ballet Technique III

MAIN STUDIO

STUDIO TWO

Jazz II/III
 Contemporary II/III
 Lyrical I/II

WEDNESDAY

6-7:15 a.m. Ashtanga Yoga: Led Primary Series (contact Virginia (808) 937-6070 to attend)
 9-10 a.m. Open Level Adult Ballet (Value Class)
 4-4:30 p.m. Pre Ballet/Creative Movement
 4:30-5:30 p.m.
 4:35-5:35 p.m. Ballet Technique III
 5:35-6:35 p.m. Contemporary Performance Group

MAIN STUDIO

STUDIO TWO

Ballet Basics Teens/Adults (Value Class)

THURSDAY

3:30-4:15 p.m. Ballet Technique II
 4:20-5:15 p.m. Ballet Technique IV
 5:20-6 p.m. Pointe II/III
 6:05-6:50 p.m. Senior Performance Group

MAIN STUDIO

STUDIO TWO

Primary Ballet
 Ballet Technique III
 Pointe I
 Junior Performance Group

FRIDAY

6-7:15 a.m. Ashtanga Vinyasa Yoga (contact Virginia (808) 937-6070 to attend)
 10-11:15 a.m. Adult Intermediate Ballet

MAIN STUDIO

SATURDAY

8:50-9:20 a.m. Pre Ballet/Creative Movement
 9:25-10:10 a.m. Primary Ballet
 10:10-11 a.m. Ballet Technique I
 11-11:55 a.m. Ballet Technique II
 12-1:30 p.m. Intermediate/Advanced Ballet Technique
 1:30-2:30 p.m. Intermediate/Advanced Pointe & Senior Performance Group

MAIN STUDIO

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