



# CLASSES BY AGE & SKILL LEVEL

as of May 25, 2026

## 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 4:30-5:15 p.m.

## Contemporary

### Contemporary I/II

Mondays 5:30-6:15 p.m.

### Contemporary II/III

Tuesdays 4:20-5:10 p.m.

### Contemporary Performance Group

Wednesdays 5:35-6:35 p.m.

## Jazz

### Jazz II/III

Tuesdays 3:30-4:20 p.m.

## Lyrical

### Lyrical I/II

Tuesdays 5:10-6 p.m.

## Pointe (all levels)

By invitation; skills assessment required

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

## Ballet Technique I

Mondays 3:45-4:30 p.m.  
Saturdays 10:10-11 a.m.

## Ballet Technique II

Mondays 4:30-5:30 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 5:15-6:30 p.m.  
Thursdays 4:20-5:15 p.m.

### Intermediate/Advanced

Saturdays 12- 1:30 p.m.

## Performance Groups

By invitation

### Junior Performance Group

Thursdays 6:05-6:50 p.m.

### Senior Performance Group

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

## Adult

### Adult Beginning Pointe

Mondays 11:10-11:50 a.m.

### Adult Beginning Ballet

Wednesdays 9-10 a.m.

### Ballet Basics for Teens/Adults

Wednesdays 4:30-5:30 p.m.

### Adult Intermediate Ballet

Fridays 10-11:15 a.m.

Learn more at [whdt.org](http://whdt.org) or call (808) 329-8876