

CLASS SCHEDULE



<p>MONDAYS</p>	<ul style="list-style-type: none"> • Lil Hip Hoppers • Hip Hop - All Levels • Lil Step Ballet • Jazz • Contemporary 	<ul style="list-style-type: none"> • Krump • Break Dance • Movie Making • DeeJaying 	<ul style="list-style-type: none"> • Elite Dance Crew • Adult Wellness-Cardio
<p>TUESDAYS</p>	<ul style="list-style-type: none"> • Hip Hop - All Levels • Contemporary • Jazz - Lvl 1 • Tap - Lvl 1 • Elite Dance Crew 	<ul style="list-style-type: none"> • Adult Wellness - Stretch & Flex • Bachata • Afro Fusion 	<ul style="list-style-type: none"> • Podcast + Lab • Beat Making - Lvl 1 • Coding
<p>WEDNESDAYS</p>	<ul style="list-style-type: none"> • Lil Hip Hoppers • Hip Hop - All Levels • Freestyle • Krump • Baby Fresh Crew 	<ul style="list-style-type: none"> • Lil Step Ballet • Ballet - Lvl 1 • Salsa • DeeJaying-Lvl1 	<ul style="list-style-type: none"> • Movie Creation + Lab • Adult Wellness-Cardio
<p>THURSDAYS</p>	<ul style="list-style-type: none"> • Hip Hop - All Levels • Contemporary • Jazz - Lvl 1 • Tap - Lvl 2 • Elite Dance Crew 	<ul style="list-style-type: none"> • Adult Wellness - Stretch & Flex • Afro Fusion • Adult Hip Hop • Open Dance 	<ul style="list-style-type: none"> • Podcast + Lab • Beat Making - Lvl 1 • Coding
<p>FRIDAYS</p>	<ul style="list-style-type: none"> • Lil Hip Hoppers • Hip Hop - All Levels • Contemporary • Ballet - Lvl 2 • Open Dance 	<ul style="list-style-type: none"> • Line Dancing • Country Line Dance • Adult Wellness - Zumba 	<ul style="list-style-type: none"> • Music-Open Lab • Media - Open Lab
<p>SATURDAYS</p>	<ul style="list-style-type: none"> • Toddlers Creative Movement • Mommy and Me • Lil Step Ballet • Duhham Technique 	<ul style="list-style-type: none"> • Wellness-Meditation • Lil Hip Hoppers • Jazz 1 • Zumba 	<ul style="list-style-type: none"> • Improv • Hip Hop- All Levels • Conditioning • Brek Dance



PERFORMING ARTS

LIL HIP
Hoppers
DANCE
AGES 4 - 8

LEVEL 1
Hip Hop
DANCE
AGES 7 - 12

LEVEL 1
Hip Hop
DANCE
AGES 12 & UP

ADULT
Hip Hop
DANCE
AGES 18 & UP

LITTLE STEP
Ballet
DANCE
AGES 4 - 8

LEVEL 1
Ballet
DANCE

Contemporary
DANCE

Jazz
DANCE

Tap
DANCE

Afro
Fusion
DANCE

Break
DANCE
AGES 12 & UP

Krump
DANCE

Break
DANCE
AGES 6 - 12

Salsa
DANCE

OPEN LEVEL
House
DANCE

Bachata
DANCE

MEDIA ARTS

OPEN LEVEL
PodCast
CLASSES

OPEN LEVEL
Photography
CLASSES

OPEN LEVEL
Movie
Makers
CLASSES

HEALTH & WELLNESS

OPEN LEVEL
Meal Prep
ACADEMY
COOKING CLASSES
FOR KIDS

ZUMBA
Wellness
CLASSES

STRENGTH BUILDING
Wellness
CLASSES

CARDIO
Wellness
CLASSES

MUSIC

OPEN LEVEL
DJ'ing
CLASSES

OPEN LEVEL
Beat
Making
CLASSES



INNOVATION FACTORY

COURSES & WORKSHOPS



These monthly workshops are designed to help families thrive while building a strong community of support. Our courses include financial education, life and social skills training, budgeting, saving, meal prep, shopping for groceries on a budget, entrepreneurship, and so much. This is a series for the entire family.

SAC YOUTH NIGHTS AT STAE-IF

FREE Friday and Saturday nights activities for youth sponsored by the City of Sacramento.

Youth enjoy safe and fun activities from sports, movie nights, family game nights, to dancing the night away. These events are for youth and young adults ages 12-to-24-year-olds. You must be registered to attend these events.



Side Hustle Academy teaches youth and their parents entrepreneurship and financial management skills. Through this program youth will learn how to create content for Instagram, Youtube, and more. Upon program completion youth will be given the opportunity to develop a creative career with local small businesses. These are 8-16 week courses.



California's Day of Dance is the first of its kind to make its way to Sacramento! The primary goal is to inspire California to embrace dance as a fun and positive way to maintain good health, and to promote the availability of quality performing arts in the community.

EXTRA PRACTICE TO PREPARE FOR THE FOLLOWING PERFORMANCE OPPORTUNITIES

