



## FALL 2025-2026 SCHEDULE

Updated 9/22

CONTACT US AT: [ATHLETICDANCEINSTITUTE@GMAIL.COM](mailto:ATHLETICDANCEINSTITUTE@GMAIL.COM)

### STUDIO A

### STUDIO B

### STUDIO C

#### MONDAY

4:45-5:30 Junior Contemporary (ages 9-12)  
5:30-6:15 Junior Stretch/Ballet (ages 9-12)  
6:15-7:00 Tap (Adv. Beg.)  
**7:00-8:00 Hip Hop (ages 10-12)**  
8:00-8:45 Adult Dance Combos

4:30-5:30 Mini Team (ages 7-9)  
**5:30-6:15 Pom Squad (Ages 6-10)**  
6:30-7:00 Senior All-Star Conditioning (ages 13+)  
7:00-8:00 Senior All-Star Jazz/Contemporary (ages 13+)  
8:00-9:00 Senior All-Star Hip Hop (ages 13+)

4:45-5:30 Pom Squad (ages 7-11)  
5:30-6:15 Hip Hop Squad (Ages 8-11)  
6:15-7:15 Gymnastics (Intermediate 2)

#### TUESDAY

4:30-5:45 Junior Stretch/Ballet  
5:45-7:00 Senior Stretch/Ballet  
7:00-8:00 Senior All Star Pom  
8:00-9:00 Hip Hop Squad (ages 13+)

4:30-5:00 Tiny Tumble Dance (ages 2.5-3.5)  
5:00-5:45 Gymnastics (Beginner)  
5:45-7:00 Junior Jumps/Leaps/Turns  
7:00-7:45 Junior Acro

**4:30-5:15 PreSchool (ages 3-5)**  
5:15-6:00 Kinderdance (ages 4-6)  
8:00-9:00 Senior Acro

#### WEDNESDAY

3:00-4:45 Private Lessons  
4:30-5:30 Junior Jazz (ages 9-12)  
5:30-6:30 Junior Ballet (ages 9-12)  
6:30-7:30 Hip Hop Squad (Ages 9-13)  
7:30-8:15 Tik Tok Trends (ages 9-12)  
8:15-9:00 Contemporary/Improv (ages 9-12)

3:00-4:45 Private Lessons  
**4:45-5:30 Gymnastics (Beg/Adv. Beg.)**  
**5:30-6:15 Pre Team (Invite Only) (ages 4-6)**  
**6:30-7:30 Junior Gymnastics (Intermediate 1)**  
7:30-8:30 Gymnastics (Intermediate/Advanced)  
8:30-9:00 Open Skills (Team age 10+)

3:00-4:30 Private Lessons  
**4:30-5:15 Jazz Funk/Hip Hop Squad (ages 6-9)**  
5:15-6:00 Ballet/Tap (ages 6-9)  
6:00-7:00 Gymnastics (Adv Beginner/Int)

#### THURSDAY

3:00-4:45 Private Lessons  
4:00-4:45 Ballet/Contemporary (ages 6-8)  
4:45-6:00 Junior Ballet (ages 10-13)  
6:15-7:30 Senior Ballet (ages 13+)  
7:30-8:30 Jazz/Musical Theater (ages 10+)  
8:30-9:00 Audition Prep (ages 10+)

3:00-4:45 Private Lessons  
4:45-5:45 Mini Team  
5:45-6:30 Gymnastics (Adv. Beg./Int)  
6:45-7:30 Tap (Adv. Beg./Intermediate)  
7:30-8:15 Senior Contemporary (ages 13+)  
8:15-9:00 Tap (Advanced)  
9:00-9:30 Open Skills (Team ages 13+)

6:00-6:45 Junior Contemporary (ages 10-13)

#### FRIDAY

3:00-4:45 Private Lessons  
4:45-5:45 Team Jumps & Turns (Beg/Adv. Beg..)  
5:45-7:45 Reserved for Choreography

3:00-4:45 Private Lessons  
4:45-5:45 Team Jumps & Turns (Int.)  
5:45-7:45 Reserved for Choreography

3:00-4:45 Private Lessons  
4:45-5:45 Team Jumps & Turns (Adv.)  
5:45-6:45 Junior All Star Jazz (ages 10-16)

#### SATURDAY

10:45-11:30 Cheer Squad/Beginner Gym (ages 4.5-7)

9:00-10:00 Zumba with Rebecca  
10:00-4:30 Reserved for Team Rehearsals  
beginning Dec. thru April

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Classes in **RED** are closed at full capacity.

You may join the waitlist, and we'll notify you as soon as a spot becomes available.

All Team classes are by invitation/evaluation only

All Gymnastics & Tap classes are by evaluation only. We strongly believe that by dividing our tap and gymnastics programs by ability, rather than age alone will benefit your child's strength and progression. This curriculum is in place to ensure the safety while learning the sport of tap and gymnastics.

#### CONTACT US:

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