

2025 SUMMER SCHEDULE

	Mats	Studio 1	Studio 2	Studio 3
M O N D A Y	8-9am LTJJC <u>BJJ Self-Defense</u> 9-10am We The People 2:30-3:45pm Beg Acro & Tumbling (Elem/MS) 3:45-4:30pm Stretch & Strength 4:30-5:30pm Int Acro & Tumbling (Elem/MS) 6:30-7:30pm LTJJC <u>Judo Jitsu</u> 7:45-8:45pm Tumbling for Dancers	1:15-2:30pm Int/Adv Ballet (Ages 7-12) 2:30-3:45pm INV ONLY Ballet (MS/HS) 3:45-4:30 IMPROVISATION 4:30-5:30pm Beg Ballet (MS/HS) 5:30-6:45pm Adv Jazz (MS) 6:45-7:45pm Adv Lyrical & Contemporary (MS) 7:45-8:30pm Stretch & Strength (MS/HS)	1:15-2:30pm Beg Combo (Ages 7-12) 2:30-3:45pm Int Combo (Ages 7-12) 3:45-4:45pm INV ONLY Pre Pro 4:45-5:30pm Commercial Dance (MS/HS) 5:30-6:45pm High Int Technique (HS) 6:45-7:45pm High Int Drill Team (HS)	2:30-3:45pm INV ONLY Adv Combo (Ages 7-12) 4-4:45pm Ballet/Tap/Jazz (Ages 3-4) 4:45-5:30pm Ballet/Tap/Jazz (Ages 5-7) 5:30-6:45pm Beginner Technique (MS/HS) 6:45-7:30pm Stretch & Strength (MS/HS) ***BEG BLOCK: 4:30-6:45pm (Ballet & Technique)
T U E S D A Y	12-1pm <u>Adult BJJ</u> 4:45-5:30pm LTJJC Pee Wee BJJ 5:30-6:30pm LTJJC Kids BJJ 6:30-7:30pm LTJJC Adult BJJ 7:30-8:30pm LTJJC Muay Thai Kickboxing	2-3pm Beginner Ballet (Ages 7-12) 3-4pm Beg Hip Hop (Ages 7-12) 4-5pm Int Ballet (Ages 7-12) 5-6pm Int/Adv Hip Hop (Elem/MS) 6-7:15pm Adv Technique (MS) 7:15-8:30pm Tumbling for Dancers	3-4pm Int Tech & Jazz (Ages 7-12) 4-5pm Adv Hip Hop (MS/HS) 5-6pm PDT (MS/HS) 6-7:15pm Adv Technical Jazz (HS) 7:15-8:15pm Int/Adv Ballet (MS/HS) 8:15-9pm Pointe (INV ONLY)	2:15-3pm Hip Hop (Ages 5-7) 3-4pm INV ONLY Adv Tech & Jazz (Ages 7-12) 4-5pm Beg Tech & Jazz (Ages 7-12) 5-6pm Ballet/Jazz (Ages 5-7) 6-7pm Beg/Int Hip Hop (MS/HS) 7-8:15pm Int Jazz (MS/HS)
W E D N E S D A Y	8-9am LTJJC <u>BJJ Self-Defense</u> 9-10am LTJJC <u>We The People</u> 10-11am LTJJC <u>We The People</u> 1-2pm Beg Acro & Tumbling (Elem/MS) 2-2:45pm Stretch & Strength 2:45-3:45pm INV ONLY Adv Acro & Tumbling (Elem/MS) 4-4:50pm Hip Hop/Acro (Ages 5-7) 5-6pm Dance Tricks (MS/HS) 6-6:45pm Stretch & Strength 7:30-8:15pm Acro (MS/HS)	1-2:30pm Aerial Company Rehearsal 2:30-4pm Beg Aerial (Ages 8+) 4-5pm High Int Tech (MS) 5-6pm High Int Drill Team (MS) 6-6:30pm Aerial Conditioning 6-7:30pm INV ONLY Int Aerial	2:30-3:30pm Int Ballet (MS/HS) 3:30-4pm INV ONLY Pre Pointe 4-5pm Adv Tech (HS) 5-6pm Adv Lyrical & Contemporary (HS) 6-7pm Adv Commercial Hip Hop (MS/HS) June 25: 7:30-8:45pm Happy Hour Adult Pop up (Hip Hop)	2-2:45pm Beg Dance Team (Ages 7-12) 2:45-3:45pm Beg/Int Commercial Hip Hop (Ages 7-12) 3:45-4:45pm INV ONLY Int/Adv Lyrical & Contemporary (Ages 7-12) 4:45-5:45pm Int/Adv Adv Commercial Hip Hop (Elem/MS) 5:45-6:30pm Pre Dance Team (Ages 7-12)
T H U R S D A Y	12-1pm LTJJC Nogi Adult BJJ 3-4pm Acro (Ages 5-7) 4-4:30pm Power Leaps Dance Tricks (Ages 7-12) 4:45-5:30pm LTJJC Pee Wee BJJ 5:30-6:30pm LTJJC Kids BJJ 6:30-7:30pm LTJJC Adult BJJ 7:30-8:30pm LTJJC Muay Thai Kickboxing	1-2:30pm Beg Aerial (Ages 8+) 2-2:30pm Aerial Conditioning 2:30-3:30pm Beg Turns & Leaps (Ages 7-12) 3:30-4pm Beg Tap 4-5pm Beg/Int Lyrical & Contemporary (Ages 7-12) 5-6pm Int Technique (MS/HS) 6-7pm Pop Up **Guest Instructor Weekly** 7-8:30pm Tumbling for Dancers (MS/HS) ***BEG BLOCK: 5-7:30pm (Beg Tech & Jazz, Beg Ballet)	2:30-3:30pm Int Turns & Leaps (Ages 7-12) 3:30-4pm Stretch & Strength (Ages 7-12) 4-5pm Int Ballet (MS/HS) 5-6:30pm Beg Tech & Jazz (MS/HS) 6:30-7:30pm Beg Ballet (MS/HS) 7:30-8:45pm Dance Team Prep (MS/HS)	2:30-3:30pm INV Adv Turns & Leaps (Ages 7-12) 4-4:30pm Int Tap 4:30-5pm Adv Tap 5-6pm Cheer Hip Hop (Elem) 6-7pm Stretch & Strength
F R I D A Y				10-10:45am Ballet/Jazz (Ages 5-7) 10:45-11:30am Tap (Ages 5-7)



SCIENCE OF MOVEMENT

LEVELS

- **INV ONLY** - Invitation Only
- **Beg** - Beginner
- **Int** - Intermediate
- **Adv** - Advanced
- **BLOCK ONLY** - You must sign up for the “BLOCK” of classes
- **Lake Travis Jiu Jitsu Club**

AGES

- **Elem** - Elementary
- **MS** - Middle School
- **HS** - High School