

RHYTHM & SOUL DANCE COMPANY 2025-2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

C

4:15-5:00
Beginner Leaps/Turns
Alana

5:15-6:00
Jazz 1 (5-7yrs)
Alana

6:00-6:45
Hip Hop 1 (5-7yrs)
Alana

6:45-7:30
Contemporary 2 (8-11yrs)
Alana

4:15-5:00
Ballet 1/2 (5 and up)
Paloma

5:00-5:45
Acro 4 (Invite Only)
Paloma

5:45-6:45
Senior Elite Ballet
Paloma

6:45-7:15
Pointe (Invite Only)
Paloma

7:15-8:00
Acro 3 (Invite Only)
Paloma

4:15-5:00
Acro 1 (5-7 yrs)
Alyssa

5:00-5:45
Ballet 1 (5-7yrs)
Maddie

5:45-6:30
Int/ Adv Leaps/Turns
Maddie

6:30-7:30
Junior Elite Ballet
Paloma

7:30-8:00
Tap 3 (Invite Only)
Shelby

4:15-5:00
Jazz 2 (8-11 yrs)
Alana

5:00-5:30
Shining Stars Jazz Rehearsal
Shelby

5:30-6:00
Superstars Jazz Rehearsal
Shelby

6:00-6:30
Shooting Stars Jazz
Alana

7:15-7:45
Pom 2 (8-11yrs)
Shelby

7:45-8:15
Diamonds Jazz Rehearsal
Alana

4:00-4:45
Hip Hop 2 (8-11 yrs)
Tony/Alana

4:45-5:15
Mini Hip Hop
Tony

5:15-6:00
Hip Hop 3 (11 and up)
Tony

6:00-6:45
Team Conditioning (Company Only)
Tony

B

3:45-4:15
Tiny Dancer (2-3 yrs)
Ashly/Kelsie

4:15-5:00
Ballet/Tap Combo (4-5yrs)
Kelsie/Taylor

5:15-5:45
Tiny Dancer (2-3yrs)
Ashly/Kelsie

5:45-6:30
Ballet/Tap Combo (5-7 yrs)
Ashly/Kelsie

3:45-4:15
Tiny Dancer (2-3 yrs)
Ashly/Kelsie

4:15-5:00
Ballet/Tap Combo (5-7 yrs)
Sydney/Taylor

5:00-5:30
Creative Movement (3-4 yrs)
Ashly/Sydney

5:30-6:00
Tiny Tap (3-5 yrs)
Ashly/Sydney

6:00-6:30
Tap 1 (5-7yrs)
Ashly/Sydney

6:30-7:00
Junior Elite Strength & Stretch
Sydney

4:15-4:45
Creative Movement (3-4 yrs)
Paloma/Kelsie/Taylor

5:15-5:45
Creative Movement (3-4 yrs)
Alyssa/Kelsie

6:00-6:30
Tap 2 (8-11 yrs)
Paloma

4:15-5:00
Ballet/Tap Combo (5-7yrs)
Ashly/Kelsie

5:15-5:45
Creative Movement (3-4yrs)
Sydney/Kelsie

6:00-6:30
Pom 1 (5-7yrs)
Maddie/Kelsie/Sydney

6:30-7:15
Ballet 1 (5-7 Yrs)
Sydney

A

4:15-5:15
Ballet 2 (8-11yrs)
Paloma

5:15-6:15
Ballet 3 (12 and up)
Paloma

6:15-7:15
Ballet 4 (Invite Only)
Paloma

7:15-8:15
Ballet 5 (Invite Only)
Paloma

8:15-9:00
Level 5 Company Technique
Alana

4:15-4:45
Shining Stars Lyrical Rehearsal
Maddie

4:45-5:30
Level 1 Company Technique
Maddie

5:30-6:00
Superstars Lyrical Rehearsal
Maddie

6:00-6:45
Level 2. Company Technique
Maddie

6:45-7:15
Shooting Stars Lyrical Rehearsal
Maddie

7:15-7:45
Senior Elite Contemporary Rehearsal
Maddie

7:45-8:15
Senior Elite Strength & Stretch
Maddie

8:15-8:45
Diamonds Contemporary Rehearsal
Maddie

4:15-4:45
Junior Elite Jazz Rehearsal
Shelby

4:45-5:30
Level 3 Company Technique
Shelby

5:30-6:00
All Stars Contemporary Rehearsal
Paloma

6:00-6:45
Level 4 Company Technique
Shelby

6:45-7:15
Senior Elite Jazz Rehearsal
Shelby

8:00-8:30
Pom 3(Invite Only)
Shelby

4:15-5:00
Rising Stars
Maddie & Shelby

5:00-5:45
Jazz 3 11 and Up
Alana

5:45-6:30
Intermediate Leaps/Turns
Maddie/Shelby

6:30-7:15
PRODUCTION

7:15-8:00
Contemporary 3 (12 and up)
Paloma

8:00-8:45
Advanced Leaps & Turns (Invite Only)
Shelby

4:15-4:45
Jr Elite Contemporary
Maddie

4:45-5:15
All Stars Jazz
Maddie

5:15-5:45
Mini/Jr Musical Theatre
Maddie/Alana

5:45-6:15
Open Small Group
Maddie

6:15-6:45
JR Line
Maddie/Shelby

6:45-7:15
JR Hip Hop
Tony/Alana

7:15-7:45
SR, Musical Theatre
Alana

7:45-8:15
Select Open
Alana

8:15-8:45
SR Hip Hop Comp Rehearsal
Tony/Alana



Dress Code 2025-2026

All dancers at Rhythm & Soul Dance Company are expected to follow our dress code. Hair should be pulled back neatly away from your child's face in a bun or ponytail. Please leave jewelry at home! Tights should be clean without rips or tears. Please label your child's dance shoes. Please be prepared with the correct footwear for classes.

Tiny Dancer & Creative Movement: Solid color leotard with ballet pink tights and ballet pink ballet shoes. NO dress up dresses or costumes.

Acro: Printed or solid leotard with shorts. Gymnastics leotards accepted.

Ballet/Tap Combo: Solid color leotard with ballet pink tights, ballet pink ballet shoes and black tap shoes. Tap shoes with the velcro are recommended for easy on and off for your child.

Tiny Tap & Tap 1: Solid color leotard, tan tights, black dance shorts, black tap shoes.

Tap 2-3: Solid color leotard, tan tights, black dance shorts and tan tap shoes.

Ballet: Solid color leotard with or without a skirt, ballet pink tights and ballet pink ballet shoes.

Jazz 1-3: Solid color leotard with tan tights, black dance shorts, and tan jazz shoes.

Hip Hop: Athletic clothing; T-Shirts/tank tops with NO BELLY out. Crop tops are ok with high waisted bottoms. Athletic shorts, leggings, or sweatpants. FLAT bottom sneakers like Nikes. Running sneakers are not recommended.

Contemporary 2-3: Solid color leotard, tan tights, half sole shoes or foot undies.

Jazz Funk: Solid color leotard with tan tights, black dance shorts, black jazz shoes.

Pom 1-3: Solid color leotard with tan tights, black dance shorts, tan jazz shoes.