5400 E Mockingbird Lane, # 207

Dallas, TX 75206

Contemporary Ballet Dallas 2024-25 Schedule--Schedule August 12, 2024-- May 24, 2025

CLASSES IN STUDIO & ONLINE! Please note, this schedule is subject to change. Check website for current schedule!

www.schoolofcbd.com

Monday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:30AM					
9:00AM					
9:15 AM					
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3:45 PM					
4:00 PM		4- 5 Yrs combo 4:00-4:50pm DANIELLE			5- 6 Yrs Ballet Tap combo 4:00-5:00pm VALYA
4:15 PM	Mini's Hip hop (ages 6-7yrs) 4:15-5:15pm RANYIA			Pre Level 1 Ballet & Tap 4:15-5:30pm KEIRA/ DANIELLE	
4:30 PM		3- 4 Yrs Ballet Tap combo 5:00-5:50pm VALYA	BALLET 4 4:30-5:45pm ALLISON		Kids Hip hop 1 5:15-6:15pm AVERY
4:45 PM					
5:00 PM					
5:15 PM	Kids Hip hop 2 5:15-6:15pm RANYIA				
5:30 PM		Youth Ballet B Co Ballet Tech 6:00-7:15pm DANIELLE	Youth Ballet Elite, A Company Ballet Tech & Pointe 5:45-7:15pm ALLISON	CBD Tap Ensemble Juniors & Mini's 5:30-7:00pm KEIRA	Adult Int/Adv Jazz 6:15-7:15pm TERRELL
5:45 PM					
6:00 PM					
6:15 PM	Adult BASICS Ballet series 6:15-7:30pm ANNA LEE				
6:30 PM					
6:45 PM		Youth Ballet Company Jazz Elite, A, B Co 7:15-8:45pm TERRELL		Tap 5 7:00-8:00pm KEIRA	Adult Intermediate Skills 7:15-8:30pm EILEEN
7:00 PM					
7:15 PM					
7:30 PM	Adult Beginner Ballet 7:30-9:00pm ANNA LEE				
7:45 PM				Tap Rehearsal	
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

Tuesday

	Studio 1	Studio2	Studio 3	Studio 4	Studio 5
9:15 AM	YOGA BASICS 9:15-10:30am KATIE	Knaisseff Floor Barre 9:15am-10:15am DEBORAH			
10:30AM		Adult Int/ Adv Ballet 10:30am-12:00pm EILEEN			Adult **BASICS Ballet series** 10:30am-11:45am DEBORAH
3:30 PM	3- 4 Yrs Ballet Tap combo 4:30-5:20pm EMMA	BALLET 3 4:30-5:30pm DANIELLE	Pointe 1 Year 1 & YB B Co 4:30-5:30pm ALLISON	Tap 2 4:30-5:30pm KEIRA	5- 6 Yrs Ballet Tap combo 4:30-5:30pm VALYA
4:30 PM	Hip Hop & Jazz Team 5:30-6:30pm DANIELLE	Youth Ballet Modern Elite, A, B Co MODERN 5:30-6:45pm JENNIFER		Tap 1 5:30-6:30pm KEIRA	Teen Intermediate Ballet 5:45-6:45pm EMMA
4:45 PM	Tap 3-- 6:30-7:30pm KEIRA	Teen Contemporary Lyrical Int/ Adv 6:45-7:30pm ELIJAH		Adult Intermediate Tap 6:30-7:30pm TERRY	YB A & Elite Co Pointe 2 -- 6:45-7:45pm ALLISON
5:00 PM					
5:15 PM					
5:30 PM	Tap 6--- 7:45-9:00pm KEIRA	Adult Int/ Adv Ballet 7:30-9:00pm EILEEN		Adult Beginner Tap 7:30-8:30pm TERRY	Adult Modern Contemporary Intermediate 7:45-9:15pm ELIJAH
5:45 PM					
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Wednesday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
9:30 AM		YOGA FLOW 9:30-10:30am AMY		Parent & Me (18mos-2yrs) 9:30-10:15am VALYA	
10:15AM				Creative Movement (2-3 yrs) 10:15-11:00pm VALYA	
10:30AM		Adult OPEN PRO (Int/ Adv) Ballet 10:30am-12:00 pm DANIELLE			
12:00PM					
3:30 PM	Tap 4 4:30-5:30pm KEIRA	Ballet 1 4:30-5:30pm ANNA LEE	Pre Pointe (Ballet 4) 4:30-5:30pm ALLISON	4-5 Yrs combo 4:30-5:20pm VALYA	Jazz 2 4:30-5:30pm DANIELLE
4:30 PM	Jazz 3 5:30-6:30pm DANIELLE	Ballet 2 5:30-6:30pm ANNA LEE	Jazz 1 5:30-6:15pm AVERY	Pre Level 1 BALLET & TAP 5:30-6:45pm VALYA & KEIRA	Youth Ballet A, B Co Ballet & Rehearsal 5:30-7:15pm ALLISON
4:45 PM	Teen Intermediate Jazz, Jazz 4 6:30-7:30pm AVERY	Adult BASICS Ballet series 6:30-7:45pm DANIELLE	Adult Beginner Ballet 6:30-7:45pm ANNA LEE	CBD Tap Ensemble Juniors 6:45-7:45pm KEIRA	
5:00 PM					
5:15 PM					
5:30 PM		Adult Beg/ Int Contemporary Modern 7:45-9:15pm SARAH M		SCBD Tap Ensemble Senior Company 7:45-9:15pm KEIRA	Youth Ballet Elite Company Ballet & Pointe & Rehearse 7:15-9:00pm ALLISON
5:45 PM					
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Thursday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
9:15 AM		Knaisseff Floor Barre 9:15am-10:15am DEBORAH			
10:30AM		Adult Int/ Adv Ballet 10:30am-12:00pm EILEEN			Adult Beg/ Int Ballet 10:30am-12:00pm DEBORAH
12:00PM		YOGA DEEP STRETCH 12:15-1:15PM COURTNEY			Adult Pointe 12:00-1:00pm DEBORAH
3:30 PM	Kids Hip hop 1 4:30-5:30pm RANYIA	BALLET 3 4:30-5:30pm DANIELLE	BALLET 4 4:30-5:45pm ALLISON	CBD Tap Ensemble Mini's 4:30-5:30pm KEIRA	5- 6 Yrs Ballet Tap combo 4:30-5:30pm AVERY
4:30 PM	Hip Hop & Jazz Team 5:45-6:45pm RANYIA	Youth Ballet Company Technique & Rehearse 5:45-7:30pm ALLISON			4-5 Yrs combo 5:30-6:20pm FRANCES
4:45 PM	Hip hop 3 & 4 6:45-7:45pm RANYIA			Adult BASICS Tap Series 6:30-7:30 TERRY	Adult Modern Int/Adv 6:20-7:35 JENNIFER
5:00 PM					
5:15 PM					
5:30 PM		Adult Int/ Adv Ballet 7:30-9:00pm EILEEN		ADULT TAP Int/ Adv level 7:30-8:30 TERRY	Youth Ballet Elite & A Rehearsal TBD 7:35-8:35pm ALLISON
5:45 PM					
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Friday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
9:15 AM	Spine School 9:15-10:30am CAROLINE				
10:30AM		Adult Professionals Ballet (open to Adv Intermediate and up) 10:30am-12:00pm WILLIAM / EUGENE			
3:30 PM					
4:30 PM					
4:45 PM		Adult Intermediate Ballet 5:45-7:15pm EILEEN			
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Saturday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:45 AM					Parent & Me (18mos-2yrs) 8:45-9:30am VALYA
9:00 AM					
9:15 AM	Ballet 1 9:15-10:15am DANIELLE	Adult Intermediate Ballet 9:00-10:30am WILLIAM / KIERA M.		4-5 Yrs Ballet Tap Combo 9:15-10:05am AVERY	Creative Movement (2-3 yrs) 9:30-10:15 VALYA
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM	Jazz 1 10:15-11:00am DANIELLE	3-4 Yrs Ballet Tap Combo 10:30-11:20am VALYA		5-6 Yrs Combo 10:15-11:15am AVERY	Adult **BASICS Ballet series** 10:15-11:30am DEBORAH
10:30 AM					
10:45 AM					
11:00AM	Ballet 2 11:00am-12:00pm DANIELLE			Beg/ Int Ballet (8-14 years) 11:15am-12:30pm AVERY	
11:15 AM		Adult Int./Adv. Ballet 11:30am-1:00pm EILEEN			Adult Beginner Ballet 11:35am-1:00pm DEBORAH
11:30AM					
11:45AM					
12:00PM					
12:15PM	Adult **BASICS Ballet series** 12:15-1:30pm DANIELLE			Contemporary Lyrical Beg/Int 12:30-1:30pm AVERY	
12:30PM					
12:45PM					
1:00 PM		YOUTH BALLET Youth Ballet Elite, A Company class 1:00-2:30pm WILLIAM/ ALLISON			YOUTH BALLET B COMPANY class 1:00-2:30pm ALLISON
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM					
2:15 PM					
2:30 PM		Youth Ballet Elite, A, B Company Rehearsals 2:30-5:00pm ALLISON			Youth Ballet Rehearsals 2:30-3:30pm
2:45 PM					
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Sunday

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
8:45 AM					
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10:15 AM					
10:30 AM					YOGA CORE 10:30-11:30am WHITNEY ST 4
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1:15 PM		Adult Ballet Open level (Beg/Int-Adv) 1:00-2:30pm WILLIAM /ALFONSINA			
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Available space for Rentals/ Private Lessons

Indicates Classes for Adults

**Please note that all levels are approx...your child will be placed in the level that suits ability & age.
Changes may be made to schedule at any time!

Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Monday
Studio 1 Studio2 Studio 3 Studio 4 Studio 5
Tuesday
Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Wednesday
Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Thursday
Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Friday
Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Saturday
Studio 1 Studio 2 Studio 3 Studio 4 Studio 5
Sunday