



LOS ALAMOS WEEKLY CLASSES

DD

DALA Downtown

1650 Trinity Drive Suite 115

8 weeks
June 2-August 2

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

Adaptive Dance
Age 7-12
(Karina/Isabella)
4:30-5:00 pm

Adaptive Dance
Age 13+
(Karina/Isabella)
5:00-5:30 pm

OPEN LEVEL Acro
age 7-12
(Alanatis)
4:45-5:45 pm

OPEN LEVEL Acro
age 13-17
(Alanatis)
5:45-6:45

ADULT Hip Hop
(Alanatis)
6:45-7:45 pm

Beg/Int
OPEN Tap
(Isabella)
5:00-6:00 pm

Int/Adv
OPEN Musical Theater
(Isabella)
6:00-7:00 pm

Int/Adv
OPEN Tap
(Isabella)
7:00-8:00pm

SCHEDULE IS SUBJECT TO CHANGE



WHITE ROCK WEEKLY CLASSES

WRB

White Rock Studio B

111 Longview Drive, White Rock

8 weeks
June 2-August 2

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

**Flamenco
Fundamentals
(age 8-13)
(Sofya)**
4:45-5:45pm

**Flamenco
Fundamentals
(age 14+)
(Sofya)**
5:45-6:45pm

**AGE 7-12
Progressing Ballet
Technique
(Audrey)**
5:00-6:00pm

**AGE 13-17
Progressing Ballet
Technique
(Audrey)**
6:00-7:00pm

**ADULT
Progressing Ballet
Technique
(Audrey)**
7:00-8:00pm

Beginning Adult
**ADULT Ballet
(Rachel)**
5:30-6:30pm

Int./Adv.
**ADULT Ballet
(Rachel)**
6:30-8:00 pm

Int./Adv. Adult
**ADULT Ballet
(Rachel)**
10:00-11:30 am

**ADULT Pointe
(Rachel)**
11:30-12:15pm

Intermediate Beginner
**ADULT Ballet
(Rachel)**
12:15-1:30 pm

SCHEDULE IS SUBJECT TO CHANGE



STORYBallet JUNE Weekly Classes

4 weeks, June 2-28

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

MORNINGS IN WHITE ROCK

**Creative
Movement**
(Allison)
10:00-10:30

Pre-Ballet
(Allison)
10:30-11:15am

**Dance
Exploration**
(Allison)
11:15-11:45am

EVENINGS IN LOS ALAMOS

**Creative
Movement**
(Karina)
4:45-5:15

**Dance
Exploration**
(Karina)
5:15-5:45

**Pre-Ballet/Tap
Combo**
(Karina)
5:45-6:45

SCHEDULE IS SUBJECT TO CHANGE



STORYBallet JULY Weekly Classes

4 weeks, July 7-31

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

MORNINGS IN LOS ALAMOS

**Creative
Movement**
(Natalie)
10:00-10:30

Pre-Ballet
(Natalie)
10:30-11:15am

**Dance
Exploration**
(Natalie)
11:15-11:45am

EVENINGS IN WHITE ROCK

**Creative
Movement**
(Natalie)
4:45-5:15

**Dance
Exploration**
(Natalie)
5:15-5:45

Pre-Ballet
(Natalie)
5:45-6:30pm

SCHEDULE IS SUBJECT TO CHANGE



BALLET 1/2

WRB

White Rock Studio B
111 Longview Drive, White Rock

June 9-13, 2025
Ballet Boot Camp

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Alignment and Balance
(Allison)
12:30-1:30 pm

Ballet Technique
(Allison)
1:45-2:45 pm

Pre-/Pointe Strength
(Allison)
2:45-3:15 pm

Variations
(Allison)
3:30-4:30 pm

PBT
(Audrey)
12:30-1:30pm

Ballet Technique
(Ashley Cunningham)
1:45-2:45pm

Pre-/Pointe Strength
(Ashley Cunningham)
2:45-3:15 pm

Jazz/Hip Hop Repertoire
(Ashley Cunningham)
3:30-4:30 pm

Ballet Technique
(Rachel)
12:30-1:30 pm

Pre-/Pointe Strength
(Rachel)
1:30-2:00 pm

Allegro Skills
(Isabella)
2:15-3:15 pm

Contemporary Ballet Repertoire
(Isabella)
3:30-4:30 pm

Ballet Technique
(Isabella)
12:30-1:30 pm

Pre-/Pointe Strength
(Isabella)
1:30-2:00 pm

Corps de Ballet Skills
(Isabella)
2:15-3:15 pm

Contemporary Ballet Repertoire
(Isabella)
3:30-4:30 pm

Alignment and Balance
(Allison)
12:30-1:30 pm

Ballet Technique
(Allison)
1:45-2:45 pm

Pre-/Pointe Strength
(Allison)
2:45-3:15 pm

Variations
(Allison)
3:30-4:30 pm

SCHEDULE IS SUBJECT TO CHANGE

DALA Downtown
1650 Trinity Drive Suite 115

June 9-13, 2025
Ballet Boot Camp

**IN-STUDIO
SCHEDULE**

M

**Ballet
Technique**
(Rachel)
12:30-2:30 pm

**Pointe Shoe
Seminar**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30 pm

T

**Ballet
Technique**
(Rachel)
12:30-2:30 pm

**Hair and Make
Up Seminar**
(Rachel)
2:30-3:00 pm

Variations
(Rachel)
3:00-4:30 pm

W

**Alignment and
Balance**
(Allison)
12:30-1:15 pm

**Ballet
Technique**
(Allison)
1:15-2:45 pm

**Contemporary
Pointe**
(Allison)
3:00-4:30 pm

Th

**Ballet
Technique**
(Ashley
Cunningham)
12:30-2:30 pm

Dance History
(Jonathan)
2:30-3:00 pm

**Contemporary
Ballet**
(Ashley
Cunningham)
3:00-4:30 pm

F

PBT
(Audrey)
12:30-1:30 pm

**Ballet
Technique**
(Audrey)
1:30-3:00 pm

**Pointe
Strength**
(Audrey)
3:00-3:30pm

Variations
(Audrey)
3:45-4:30 pm

Sa

SCHEDULE IS SUBJECT TO CHANGE



BALLET 4/5

WRA

White Rock Studio A
111 Longview Drive, White Rock

June 9-13, 2025
Ballet Boot Camp

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet Technique
(Ashley Cunningham)
12:30-2:30 pm

Contemporary Ballet
(Ashley Cunningham)
2:30-3:30 pm

Variations
(Ashley Cunningham)
3:30-4:30 pm

Dance History
(Jonathan)
12:30-1:30 pm

PBT
(Audrey)
1:30-2:30pm

Ballet Technique
(Jonathan)
2:00-4:30pm

Ballet Technique
(Ashley Cunningham)
12:30-2:30 pm

Pas de Deux
(Jonathan/Ashley)
2:30-3:30 pm

Variations
(Ashley Cunningham)
3:30-4:30 pm

Ballet Technique
(Rachel)
12:30-2:30 pm

Corps de Ballet Skills
(Rachel)
2:30-3:00 pm

Contemporary Ballet
(Rachel)
3:00-4:30 pm

Ballet Technique
(Rachel)
12:30-2:30 pm

Allegro Skills
(Rachel)
2:30-3:30 pm

Variations
(Rachel)
3:30-4:30 pm

SCHEDULE IS SUBJECT TO CHANGE



MODERN 1/2

DD

DALA Downtown

1650 Trinity Drive Suite 115

June 16-20, 2025
Modern Dance Project

IN-STUDIO SCHEDULE

M

**Experiential
Anatomy**
(Rachel)
12:30-1:30pm

**Contemporary
Technique**
(Rachel)
1:45-2:45 pm

Improvisation
(Rachel)
2:45-3:15 pm

**Contemporary
Repertoire**
(Rachel)
3:30-4:30pm

T

Wall Pilates
(Allison)
12:30-1:00pm

**Modern
Technique**
(Allison)
1:15-2:15 pm

Floorwork
(Allison)
2:30-3:00 pm

**Modern
Repertoire**
(Allison)
3:15-4:30pm

W

Conditioning
(Jonathan)
12:30-1:00pm

**Contemporary
Technique**
(Jonathan)
1:15-2:15 pm

Partnering
(Jonathan)
2:30-3:00 pm

**Contemporary
Repertoire**
(Jonathan)
3:15-4:30pm

Th

Wall Pilates
(Allison)
12:30-1:00pm

**Modern
Technique**
(Allison)
1:15-2:15 pm

Floorwork
(Allison)
2:30-3:00 pm

**Modern
Repertoire**
(Allison)
3:15-4:30pm

F

**Inversions/
Tumbling**
(Karina)
12:30-1:30pm

**Modern
Technique**
(Karina)
1:45-2:45 pm

**Composition &
Choreography**
(Karina)
3:00-4:30pm

Sa

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A

111 Longview Drive, White Rock

June 16-20, 2025

Modern Dance Project

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

Conditioning
(Jonathan)
12:30-1:00pm

**Modern
Technique**
(Jonathan)
1:00-2:30 pm

Partnering
(Jonathan)
2:30-3:00 pm

**Modern
Repertoire**
(Jonathan)
3:15-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

**Contemporary
Repertoire**
(Karina)
3:15-4:30pm

Wall Pilates
(Allison)
12:30-1:00pm

**Modern
Technique**
(Allison)
1:00-2:30 pm

**Composition &
Choreography**
(Allison)
2:30-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

**Contemporary
Repertoire**
(Karina)
3:15-4:30pm

**Modern
Technique**
(Luke)
12:30-2:00pm

Improvisation
(Luke)
2:00-3:30pm

**Experiential
Anatomy**
(Kiki Vance)
3:30-4:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio B

111 Longview Drive, White Rock

June 16-20, 2025

Modern Dance Project

IN-STUDIO SCHEDULE

M

T

W

Th

F

Sa

Mat Pilates
(Karina)
12:30-1:00pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

**Contemporary
Repertoire**
(Karina)
3:15-4:30pm

Conditioning
(Jonathan)
12:30-1:00pm

**Modern
Technique**
(Jonathan)
1:00-2:30 pm

Partnering
(Jonathan)
2:30-3:00 pm

**Modern
Repertoire**
(Jonathan)
3:15-4:30pm

Mat Pilates
(Karina)
12:30-1:00pm

**Contemporary
Technique**
(Karina)
1:00-2:30 pm

Inversions
(Karina)
2:30-3:00 pm

**Contemporary
Repertoire**
(Karina)
3:15-4:30pm

**Modern
Technique**
(Luke)
12:30-2:00pm

Improvisation
(Luke)
2:00-3:30pm

**Experiential
Anatomy**
(Kiki Vance)
3:30-4:30pm

Wall Pilates
(Allison)
12:30-1:00pm

**Modern
Technique**
(Allison)
1:00-2:30 pm

**Composition &
Choreography**
(Allison)
2:30-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



BEG/INT JAZZ

DD

DALA Downtown

1650 Trinity Drive Suite 115

June 23-27, 2025

Jazz Movement
Studies

IN-STUDIO SCHEDULE

M

**Jazz
Technique**
(Jonathan)
12:30-2:00pm

Swing Dance
(Jonathan)
2:15-3:15pm

**Swing
Repertoire**
(Jonathan)
3:30-4:30pm

T

**Acro/
Tumbling**
(Isabella)
12:30-1:30pm

**Jazz
Technique**
(Isabella)
1:45-3:15pm

**Musical
Theater Jazz
Repertoire**
(Isabella)
3:30-4:30pm

W

**Acro/
Tumbling**
(Alanatis)
12:30-1:30pm

**Hip Hop
Technique**
(Alanatis)
1:45-2:45pm

**Hip Hop
Repertoire**
(Alanatis)
3:00-4:30pm

Th

**Acro/
Tumbling**
(Isabella)
12:30-1:30pm

**Jazz
Technique**
(Isabella)
1:45-3:15pm

**Musical
Theater Jazz
Repertoire**
(Isabella)
3:30-4:30pm

F

**Jazz
Technique**
(Jonathan)
12:30-2:00pm

Swing Dance
(Jonathan)
2:15-3:15pm

**Swing
Repertoire**
(Jonathan)
3:30-4:30pm

Sa

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A

111 Longview Drive, White Rock

June 23-27, 2025

Jazz Movement
Studies

IN-STUDIO SCHEDULE

M

**Jazz
Technique**
(Isabella)
12:30-2:00pm

**Kicks &
Tricks**
(Isabella)
2:00-2:45 pm

**Musical
Theater Jazz
Repertoire**
(Isabella)
3:00-4:30pm

T

**Jazz
Technique**
(Jonathan)
12:30-2:00pm

Swing Dance
(Jonathan)
2:15-3:15pm

**Swing
Repertoire**
(Jonathan)
3:30-4:30pm

W

**Jazz
Technique**
(Jonathan)
12:30-2:00pm

Swing Dance
(Jonathan)
2:15-3:15pm

**Swing
Repertoire**
(Jonathan)
3:30-4:30pm

Th

Conditioning
(Allison)
12:30-1:30pm

Partnering
(Allison)
1:30-2:30pm

Leaps & Turns
(Allison)
2:30-3:30 pm

**Choreography
& Composition**
(Allison)
3:30-4:30pm

F

**Jazz
Technique**
(Isabella)
12:30-2:00pm

Acro/Tumbling
(Isabella)
2:00-2:45 pm

**Musical
Theater Jazz
Repertoire**
(Isabella)
3:00-4:30pm

Sa



Adult Ballet Intensive

WRB

BEGINNING/
INTERMEDIATE

June 23-28, 2025

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet
(Rachel)
10:00-11:30 pm

Rehearsal
(Rachel/Luke)
11:30-12:30 pm

**In Studio
Performance**
(Rachel/Luke)
12:30-1:00m

Ballet
(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:45-8:30pm

Ballet
(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:45-8:30pm

Conditioning
(Karina)
5:30-6:00 pm

Contemporary
(Karina)
6:00-7:30 pm

**Contemporary
Repertoire**
(Karina)
7:45-8:30pm

Yoga
(Luke)
5:30-6:00 pm

Modern
(Luke)
6:00-7:30 pm

**Mechanics of
Turns**
(Luke)
7:45-8:30pm

Ballet
(Jonathan)
5:30-7:00 pm

**Pointe
Strengthening**
(Jonathan)
7:00-7:30 pm

Variations
(Jonathan)
7:45-8:30pm

SCHEDULE IS SUBJECT TO CHANGE



Adult Ballet Intensive

WRA

ADVANCED
LEVEL

June 23-28, 2025

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet

(Luke)
10:00-11:30 pm

Rehearsal

(Luke/Rachel)
11:30-12:30 pm

In Studio

Performance

(Luke/Rachel)
12:30-1:00m

Ballet

(Jonathan)
5:30-7:00 pm

**Pointe
Strengthening**

(Jonathan)
7:00-7:30 pm

Variations

(Jonathan)
7:45-8:30pm

Yoga

(Luke)
5:30-6:00 pm

Modern

(Luke)
6:00-7:30 pm

**Mechanics of
Turns**

(Luke)
7:45-8:30pm

Ballet

(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**

(Rachel)
7:00-7:30 pm

Variations

(Rachel)
7:45-8:30pm

Conditioning

(Jonathan)
5:30-6:00 pm

Contemporary

(Jonathan)
6:00-7:30 pm

**Contemporary
Repertoire**

(Jonathan)
7:45-8:30pm

Ballet

(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**

(Rachel)
7:00-7:30 pm

Variations

(Rachel)
7:45-8:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A
111 Longview Drive, White Rock

July 7-12, 2025
Ballet 1/2

**IN-STUDIO
SCHEDULE**

M

T

W

Th

F

Sa

MEETING
(Jonathan/Rachel)
12:30-1:00 pm

Contemporary
(Jonathan)
1:00-2:30 pm

**Contemporary
Solos**
(Jonathan)
2:45-4:30 pm

Ballet
(Rachel)
12:30-2:00 pm

Pointe
(Rachel)
2:00-2:30 pm

Variations
(Rachel)
3:15-4:30 pm

Conditioning
(Jonathan)
12:30-1:00 pm

Contemporary
(Jonathan)
1:00-2:30 pm

**Contemporary
Solos**
(Jonathan)
2:45-4:30 pm

Ballet
(Rachel)
12:30-2:00 pm

Pointe
(Rachel)
2:00-2:30 pm

Variations
(Rachel)
2:45-4:30 pm

Ballet
(Rachel)
12:30-2:00 pm

**Group
Rehearsal**
(Rachel)
2:00-4:00 pm

MEETING
(Rachel)
4:00-4:30 pm

**Hallway Warm
Up**
(Jonathan)
12:30-1:30 pm

**Dress
Rehearsal**
(Jonathan/Rachel)
1:30-3:00 pm

**Classical
Performance**
(Jonathan/Rachel)
3:00-3:45pm

**Contemporary
Performance**
(Jonathan/Rachel)
3:45-4:30pm

SCHEDULE IS SUBJECT TO CHANGE

White Rock Studio A
111 Longview Drive, White Rock

July 7-12, 2025
Ballet 3/4/5

**IN-STUDIO
SCHEDULE**

M

T

W

Th

F

Sa

MEETING
(Rachel/Jonathan)
12:30-1:00 pm

Ballet
(Rachel)
1:00-2:30 pm

Pointe
(Rachel)
2:30-3:00pm

Variations
(Rachel)
3:15-4:30 pm

Conditioning
(Karina)
12:30-1:00 pm

Contemporary
(Karina)
1:00-2:30 pm

**Contemporary
Solos**
(Karina)
2:45-4:30 pm

Ballet
(Rachel)
12:30-2:00 pm

Pointe
(Rachel)
2:00-2:30 pm

Variations
(Rachel)
3:15-4:30 pm

Conditioning
(Karina)
12:30-1:00 pm

Contemporary
(Karina)
1:00-2:30 pm

**Contemporary
Solos**
(Karina)
2:45-4:30 pm

Ballet
(Jonathan)
12:30-2:00 pm

**Group
Rehearsal**
(Jonathan)
2:00-4:00 pm

MEETING
(Jonathan)
4:00-4:30 pm

**Hallway Warm
Up**
(Jonathan)
12:30-1:30 pm

**Dress
Rehearsal**
(Jonathan/Rachel)
1:30-3:00 pm

**Classical
Performance**
(Jonathan/Rachel)
3:00-3:45pm

**Contemporary
Performance**
(Jonathan/Rachel)
3:45-4:30pm

SCHEDULE IS SUBJECT TO CHANGE



ASPIRATIONS WRA BALLET I/2

White Rock Studio A
111 Longview Drive, White Rock

3 weeks
July 13-Aug 2, 2025

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet 1/2
(Rachel)
5:30-6:30pm

Variations
(Rachel)
6:30--7:30pm

Contemporary
(Karina)
5:30-6:30 pm

**Choreography
& Composition**
(Karina)
6:30-7:30 pm

SCHEDULE IS SUBJECT TO CHANGE



ASPIRATIONS BALLET 3/4/5

WRB

White Rock Studio A

111 Longview Drive, White Rock

3 weeks

July 13-Aug 2, 2025

IN-STUDIO
SCHEDULE

M

T

W

Th

F

Sa

Ballet
(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**
(Rachel)
7:00-7:30 pm

Variations
(Rachel)
7:30-8:30pm

Pilates
(Karina)
5:30-6:00pm

Contemporary
(Karina)
6:00-7:30 pm

**Choreography
& Composition**
(Karina)
7:30-8:30 pm

Ballet
(Rachel)
5:30-7:00 pm

**Pointe
Strengthening**
(Rachel)
7:00-7:30 pm

Seminar
(Rachel)
7:30-8:30pm

SCHEDULE IS SUBJECT TO CHANGE