



Where Leaps Are Made

DANCE ARTS LOS ALAMOS
2025-2026
SEASON AUG - MAY

White Rock Studio B
111 Longview Drive, White Rock

WRB

M

NEW!
Ballet 1/2
With Pre-Pointe
(Natalie)
4:15-5:15pm

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

Advanced
Swing
(Jonathan)
5:45-7:00pm

Ballet 5
With Pointe
(Jonathan)
7:00-8:45pm

T

Creative
Movement
(Natalie)
3:45-4:15pm

Dance
Exploration
(Natalie)
4:15-4:45pm

Ballet 4/5
With Pointe
(Jonathan)
4:45-6:30pm

Ballet 3
(Jonathan)
6:30-8:00pm

Pointe 3
(Jonathan)
8:00-8:30pm

W

Ballet 1
(Rachel)
3:30-4:30 pm

Ballet 3/4/5
With Pointe
(Rachel)
4:30-6:15 pm

Beginning
ADULT Ballet
(Rachel)
6:15-7:15 pm

Int./Adv.
ADULT Ballet
(Rachel)
7:15-8:30 pm

Th

NEW!
Progressing Ballet
Technique (PBT)
1 & 2
(Audrey)
3:45-4:15 pm

Ballet 2
(Audrey)
4:15-5:45 pm

Pre-Pointe/
Pointe 2
(Audrey)
5:45-6:15 pm

NEW!
Progressing Ballet
Technique (PBT) 3
(Audrey)
6:15-6:45 pm

Ballet 3
(Audrey)
6:45-8:15pm

Pointe 3
(Audrey)
8:15-8:45 pm

F

NEW!
Ballet 1/2
With Pre-Pointe
(Rachel)
3:30-4:30 pm

Ballet 3
(Rachel)
4:30-6:00pm

Variations 3
with Pointe
(Rachel)
6:00-6:30pm

Ballet 4/5
(Rachel)
6:30-8:00pm

Pointe 4/5
(Rachel)
8:00-8:30pm

Sa

Pre-Ballet/Tap
Combo
(Audrey)
10:30-11:30am

Dance Exploration
(Audrey)
11:30-12:00pm

NEW!
Progressing Ballet
Technique (PBT)
4/5
(Audrey)
12:00-1:00pm

Ballet 3/4
(Jonathan)
1:00-2:30pm

Variations/
Pas de Deux 3/4
with Pointe
(Jonathan/Rachel)
2:30-3:30pm

REHEARSALS
(TBA)
3:30-6:30pm

SCHEDULE IS SUBJECT TO CHANGE



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White Rock Studio A
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DANCE ARTS LOS ALAMOS
2025-2026
SEASON AUG - MAY

WRA

M

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W

Th

F

Sa

Beg/Int
Musical Theater
(Isabella)
3:30-4:30 pm

Advanced
Jazz
(Isabella)
4:30-5:45pm

Intermediate
Jazz
(Isabella)
5:45-7:00pm

Int/Adv
Musical Theater
(Isabella)
7:00-8:15pm

Ballet 1
(Karina)
3:30-4:30 pm

Pre-Ballet
(Karina)
4:30-5:15 pm

Contemporary 3
(Karina)
5:15-6:30pm

Contemporary
4/5
(Karina)
6:30-8:00pm

Creative Movement
(Karina)
3:30-4:00pm

Ballet 2
With Pre-Pointe
(Karina)
4:00-5:30pm

Boys Ballet 1
(Jonathan)
5:30-6:30pm

Boys Ballet 2 & 3
(Jonathan)
6:30-7:45pm

Beginning
Tap
(Isabella)
3:30-4:15 pm

Ages 7-12
Adaptive Dance
(Karina/Isabella)
4:15-4:45pm

Ages 13+
Adaptive Dance
(Karina/Isabella)
4:45-5:30pm

Intermediate
Tap
(Isabella)
5:30-6:30 pm

ADULT Tap
(Isabella)
6:30-7:30pm

NEW!
Advanced
Tap
(Isabella)
7:30-8:45pm

Modern Technique 4/5
(Luke)
4:45-6:00 pm

Modern 4/5
REPertoire
(Luke)
6:00-6:30pm

Modern Technique 3+
(Luke)
6:30-7:45pm

Modern 3+
REPertoire
(Luke)
7:45-8:15pm

Int./Adv.
ADULT Ballet
(Rachel)
9:45-11:00pm

ADULT Pointe
(Rachel)
11:00-11:30pm

Ballet 2
With Pre-Pointe
(Rachel)
11:30-1:00pm

Ballet 5
(Rachel)
1:00-2:30pm

Variations/ Pas de Deux 5
with Pointe
(Jonathan/Rachel)
2:30-3:30pm

REHEARSALS
(TBA)
3:30-6:30 pm

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Where Leaps Are Made

DALA Downtown
1650 Trinity Drive, Los Alamos

DANCE ARTS LOS ALAMOS
2025-2026
SEASON AUG - MAY

DD

M

Pre-Ballet
(Karina)
3:30-4:15 am

NEW!
Contemporary 1
(Karina)
4:15-5:00 pm

NEW!
Ballet 1/2
With Pre-Pointe
(Karina)
5:00-6:00pm

Contemporary 2
(Karina)
6:00-7:00 pm

**Modern
Technique 2 & 3**
(Karina)
7:00-8:00pm

**Modern 2+
REPertoire**
(Karina)
8:00-8:30pm

T

Modern 1 & 2
With Repertoire
(Allison)
4:00-5:00 pm

Ballet 2
(Allison)
5:00-6:30 pm

**Pre-Pointe/
Pointe 2**
(Allison)
6:30-7:00 pm

**ADULT Modern
Technique**
(Allison)
7:00-8:00 pm

NEW!
**Adult Modern
REPertoire**
(Allison)
8:00-8:30pm

W

Ballet 1
(Natalie)
3:30-4:30 pm

Pre-Ballet
(Natalie)
4:30-5:15 pm

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

Advanced
Hip Hop
(Alanatis)
6:30-7:45pm

ADULT Hip Hop
(Alanatis)
7:45-8:45pm

Th

**OPEN Scottish
Highland Dance**
(Leslie)
4:15-5:15 pm

**Modern
Technique 4/5**
(Allison)
5:15-6:30 pm

NEW!
**Modern 4+
REPertoire**
(Allison)
6:30-7:00 pm

NEW!
**Adult Full Body
Conditioning**
(Allison)
7:00-8:00 pm

F

**OPEN ADULT
Progressing Ballet
Technique (PBT)**
(Audrey)
12:00-1:00 pm

**Creative
Movement**
(Natalie)
4:00-4:30

Pre-Ballet
(Natalie)
4:30-5:15 pm

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

Ballet 1
(Natalie)
5:45-6:45 pm

Intro
Acro/Tumbling
(Alanatis)
6:45-7:30pm

ADULT Jazz
(Alanatis)
7:30-8:30pm

Sa

Int./Adv.
Flamenco
(Luci)
9:45-10:45am

ADULT Flamenco
(Luci)
10:45-11:45am

Intermediate
Flamenco
(Luci)
11:45-12:45pm

Intermediate
Hip Hop
(Alanatis)
12:45-1:45pm

Beg/Int
Acro/Tumbling
(Alanatis)
1:45-2:45pm

Beginning
Hip Hop
(Alanatis)
2:45-3:30pm

REHEARSALS
(TBA)
3:30-6:30 pm

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Dance Arts Los Alamos - 111 Longview Drive - (505) 672-9462 - www.danceartslosalamos.org