

XTREME TALENT SCHEDULE - SEASON 21

Last updated 9/15/26

MONDAY - AT XTREME					TUESDAY - AT XTREME					WEDNESDAY - AT XTREME				
STUDIO 1		STUDIO 2		STUDIO 3	STUDIO 1		STUDIO 2		STUDIO 3	STUDIO 1		STUDIO 2		STUDIO 3
9:30 am				Total Body Circuit RISE Ages 16+	9:30 am					9:30 am				Classic Barre RISE Ages 16+
9:45 am					9:45 am					9:45 am				
10:00 am				9:30-10:15	10:00 am					10:00 am				9:30-10:15
3:30 pm	MoMentum Acro & Tech MoMentum Brooklyn & Ariana	Creative Play & Movement Ages 2-7 Pantheira Play Alannah		RAD: Inter Foundation Ballet 1/2 Technique Rachel	3:30 pm	Kennedy Privates	Inter Elite Acro ITP Maureen & Alannah	Intermediate Lyrical MoMentum Sam Svensk	3:30 pm	Intermediate Jazz MoMentum Eva	RAD: Intermediate Ballet 2/2 Technique Rachel	LiF Cats Tap (3-6) Recreational Carlin		
3:45 pm				3:30-4:15	3:45 pm		3:30-4:00		3:45 pm			3:30-4:00		
4:00 pm	3:30-4:15				4:00 pm	Acro Superline Company Kennedy	Junior Elite Acro ITP Maureen & Alannah	3:30-4:15	4:00 pm	3:30-4:15			RAD: Inter. Foundation Ballet 2/2 Technique Carlin	
4:15 pm	Jazz Superline 2 (9-12) Company Maureen & Tara				4:15 pm			Ages 7-12: Jazz/Lyrical Recreational Sam Svensk	4:15 pm	Open Superline 2 (9-12) Company Maureen & Tara			4:00-4:45	
4:30 pm		3:30-4:45			4:30 pm	4:00-4:45	4:00-4:45		4:30 pm			4:00-4:45		
4:45 pm	4:15-5:00	Performance Academy: All Ages Recreational Michelle		4:15-5:00	4:45 pm	Company Jaguar/Lync: Lyrical Company Kennedy	Sr. Elite Acro ITP Maureen & Alannah	4:15-5:00	4:45 pm	4:15-5:00		LiF Cats (2.5-5yrs) Pre-Dance Recreational Carlin		
5:00 pm	Jazz Superline 1 (13+) Company Maureen & Tara			RAD: Grade 5 Ballet 1/2 Technique Rachel	5:00 pm			Company (12+): Modern Company Sam Svensk	5:00 pm	Open Superline 1 (13+) Company Maureen & Tara	RAD: Grade 4 Ballet 2/2 Technique Rachel	4:45-5:15		
5:15 pm		4:45-5:30		5:00-5:45	5:15 pm	4:45-5:30	4:45-5:30		5:15 pm	5:00-5:45			RAD: Grade 1 Ballet Technique Carlin	
5:30 pm	5:00-5:45	Ages 7-11: Hip Hop Recreational Michelle			5:30 pm	ITP (13+): Acro Tech Technique Alannah	Intermediate Stage Company Maureen & Tara	5:00-5:45	5:30 pm	5:00-5:45		5:15-6:15		
5:45 pm	Superline Combined Company					5:45 pm			Kennedy Privates	5:45 pm	Superline Combined Company		6:15-6:45	
6:00 pm	5:45-6:15	5:30-6:15			6:00 pm	5:30-6:15	5:30-6:15	5:45-6:15	6:00 pm	5:45-6:15		Conditioning (Jag/Lync) Technique Tara		
6:15 pm	Large Lyrical ITP Jordan/Tara			RAD: Grade 4 Ballet 1/2 Technique Rachel	6:15 pm	Company (9-12): Spins & Leaps Technique Kennedy	Senior Stage Company Maureen & Tara	Harrison & Alannah Privates	6:15 pm	Junior Dance Foundations (Cheetah) Technique Kennedy	5:45-6:30	RAD: Grade 5 Ballet 2/2 Technique Rachel		
6:30 pm					6:30 pm				6:30 pm			6:15-6:45		
6:45 pm	6:15-7:00	6:15-7:00		6:15-7:00	6:45 pm	6:15-7:00	6:15-7:00	6:15-7:00	6:45 pm	6:15-7:00	Conditioning (Tiger/Panther) Technique Tara	6:45-7:45		
7:00 pm	Hip Hop: Crew 32 Elite + Tara			Rachel Privates	7:00 pm	Beyond The Stage: Combo Class Week 1: Studio Session Week 2: Film Session Xtreme Team	Tara Privates	Tap Technique Kennedy	7:00 pm		Company (13+): Spins & Leaps (Tiger/Panther Company) Technique Tara	6:45-7:45		
7:15 pm		7:00-7:45			7:15 pm		7:00-7:45	7:00-7:45	7:15 pm	ITP (13+) Spins & Leaps (Tiger/Panther ITP) Technique Kennedy			7:45-8:30	
7:30 pm	7:00-7:45	7:00-7:45			7:30 pm	7:00-7:45			7:30 pm	7:15-8:00	7:15-8:00	Kennedy Privates	7:45-8:30	
7:45 pm	Sr Elite Jazz & Small Group Contemporary *Alternates Weekly* ITP Jordan/Tara				7:45 pm	Royal Empire Hip Hop Company Harrison & Alannah			7:45 pm	7:15-8:00	7:15-8:00			
8:00 pm				7:00-8:15	8:00 pm	7:45-8:30			8:00 pm	Company (12+) Contemporary Elite + Tara				
8:15 pm					8:15 pm				8:15 pm					
8:30 pm	7:45-8:45				8:30 pm	Royal T: Small Hip Hop Elite+ Harrison & Alannah			8:30 pm	8:00-8:45	8:00-8:45			
8:45 pm					8:45 pm				8:45 pm					
9:00 pm					9:00 pm	8:30-9:00			9:00 pm					
THURSDAY - AT XTREME					FRIDAY - AT XTREME					SATURDAY - AT XTREME				
STUDIO 1		STUDIO 2		STUDIO 3	STUDIO 1		STUDIO 2		STUDIO 3	STUDIO 1		STUDIO 2		STUDIO 3
9:30 am					9:30 am				Total Body Circuit RISE Ages 16+	9:00 am		Boxing Circuit RISE Ages 16+		
9:45 am					9:45 am					9:15 am				
10:00 am					10:00 am				9:30-10:15	9:30 am		9:00-9:45		LiF Cats Baby Ballet - 18mths-2.5 Recreational Carlin
3:30 pm				Junior Tap MoMentum Robin Sanford	3:30 pm		Baton 2 Recreational Robin Sanford			9:45 am				9:30-10:00
3:45 pm	Ages 7-11: Acro Recreational Kalyra	Privates		3:30-4:15	3:45 pm					10:00 am	LiF Cats Acro: Ages 2.5-4 Recreational Brooklyn & Ariana			RAD Pre-Primary Ballet: Ages 5-7 Recreational Carlin
4:00 pm					4:00 pm	XPAA	3:30-4:15			10:15 am				
4:15 pm	3:45-4:30			Junior Jazz (Cheetah) MoMentum Robin Sanford	4:15 pm		Baton 3 Recreational Robin Sanford			10:30 am	10:00-10:45			10:00-10:45
4:30 pm	ITP (9-12)-Acro Tech Technique Alannah	LiF Cats Hip Hop Ages 3-5 Recreational Ariana & Brooklyn		4:15-5:00	4:30 pm					10:45 am	LiF Cats Acro: Ages 5-7 Recreational Brooklyn & Ariana			LiF Cats Pre-Ballet: Ages 3-4 Recreational Carlin
4:45 pm					4:45 pm	3:30-5:00	4:15-5:00			11:00 am				
5:00 pm	4:30-5:15	4:30-5:15		Inter/Senior Tap Company Robin Sanford	5:00 pm					11:15 am	10:45-11:30			10:45-11:30
5:15 pm	Senior Contortion ITP Emma	Royal Rebels: Hip Hop Technique			5:15 pm					11:30 am				
5:30 pm		5:15-5:45		5:00-5:45	5:30 pm	Emma Privates	Robin Privates			11:45 am				
5:45 pm	5:15-6:00	Royal Rebels: Small Hip Hop Elite + Harrison & Alannah			5:45 pm					12:00 pm	Tara Privates			
6:00 pm	Company Acro Technique Alannah			Sculpt 45 RISE Ages 16+	6:00 pm					1:00 pm				Ariana Privates
6:15 pm		5:45-6:30			6:15 pm	5:00-6:30	5:00-6:30			2:00 pm				12:30-1:30
6:30 pm	6:00-6:45			6:00-6:45	6:30 pm				Classic Barre RISE Ages 16+	3:00 pm	11:30-2:30	Kennedy Privates		
6:45 pm	Combo Class Technique Xtreme Team				6:45 pm					4:00 pm				
7:00 pm					7:00 pm				6:30-7:15	5:00 pm				
7:15 pm	6:45-7:30			Classic Barre RISE Ages 16+	7:15 pm					6:00 pm		12:30-5:30		
7:30 pm	Small Group Lyrical Elite + Harrison & Alannah	Eva Privates		7:00-7:45	7:30 pm									
7:45 pm		7:30-8:00			7:45 pm									
8:00 pm	7:30-8:15			Yoga RISE Ages 16+	8:00 pm									
8:15 pm					8:15 pm									
8:30 pm				8:00-8:45	8:30 pm									



