

# East ★ West Music and Dance

## San Jose/Cupertino Dance Schedule Summer 2011 ~ July 5 (Tues) – Aug 15 (Mon) 6 Weeks

Mar 31 2011	AM	3:30 - 4:30 4:00	4:30 - 5:30 5:00	5:30 - 6:30 6:00	6:30 - 7:30 7:00	7:30 - 8:30 8:00	8:30 - 9:30 9:00
<b>Mon</b>	<b>Yoga</b> 9:15-10:15am		Hip Hop Int- Adv	<b>Contemporary*</b> (1.5 hrs) Teen-Adult			
			Tap II – III 8 – 12 yrs	Jazz III – IV 12 – 14 yrs	Basic Ballet II Teen-Adult		
		Tiny Tots 4 - 6 yrs	Tiny Tots II – III 5 – 7 yrs	Jazz / HH II 8 – 11 yrs	Jazz I Teen-Adult		
<b>Tue</b>			Intermediate Ballet	Stretch Class	Advanced (1.5 hrs) Ballet		
			Jazz II 10 – 12 yrs	Hip Hop II 10 – 12 yrs	Jazz II – III (1.5 hrs) Teen-Adult		
			Boys Hip Hop 8 – 12 yrs	Beg Ballet 11 & Up		<b>Yoga</b> 7:00-8:00pm	
<b>Wed</b>	<b>The Music Class</b> 10:00 - 10:45		Tap – Int/Adv 12 & up	Jazz IV-V-VI (1.5) Teen-Adult	<b>Modern/Lyrical*</b> Teen-Adult		
		Hip Hop Jrs 45 min 4 – 6 yrs	Ballet I-II 8 – 11 (cont)	Jazz I 10 – 13 yrs			
		Tap I 7 – 10 yrs	Hip Hop I 11 & up	Tap I 11 & up			
<b>Thur</b>		Intermediate Ballet	Pointe	Advanced (1.5) Ballet			
		Ballet I 7 – 10 (new)	<b>Jazz in Heels</b> 11 & up	<b>Turns &amp; Jumps</b> 11 & up			
		Mini Tots 3:45 – 4:30pm 2.5 - 3.5 yrs	Jazz/HH I 7– 10 yrs	Tiny Tots I 4 – 6 yrs	<b>Zumba</b> 7:15 – 8:15pm		
<b>Fri</b>	<b>Yoga</b> 9:15 – 10:15	<b>Conditioning</b> 11 & Up	<b>Pilates</b> 11 & up	<b>Yoga</b> 11 & up		<b>FITNESS FRIDAY</b>	
	<b>9am – 10 am</b>	<b>10am-11am</b>	<b>11am-12pm</b>	<b>12pm-1pm</b>	<b>1pm-2pm</b>		
<b>Sat</b>		<b>The Music Class</b> 10-10:45	Ballet II - III	Jazz Int. 11 & up	Tap III – IV 11 & Up		
			Jazz/HH I - II 7 - 11 yrs	Hip Hop Jrs 45 min 4 – 6 yrs			
		Tiny Tots 4 – 6 yrs	Tap I 7 – 10 yrs	Ballet I 7 – 10 yrs			
<b>Morning Classes</b>		<b>Mon</b> (9:15 – 10:15 am) <b>Yoga</b>	<b>Fri</b> (9:15 – 10:15 am) <b>Yoga</b>	<b>Wed</b> 10:00 – 10:45 <b>The Music Class</b>			

\*Contemporary & Modern/Lyrical are designed for the Inter-Adv Teen-Adult Dancer.

**SCHEDULE IS SUBJECT TO CHANGE - PLEASE PRE-REGISTER TO GUARANTEE YOUR PLACE**

**7283 Coronado Drive, San Jose 95129 • 408.865.0654**

[www.eastwestmusicanddance.com](http://www.eastwestmusicanddance.com)