

Sagamore Studio

116 State Rd.
Sagamore Beach, MA
508-888-2640

Monday AM-Christine

9:00-10:00 Pilates

Monday-Becca/Dawn

4:30-5:00 Intermediate Ballet I
5:00-5:45 Junior Ballet
5:45-6:15 Pre Pointe/Jr. Pointe
6:15-7:15 Senior Ballet
7:15-7:45 Senior Pointe
7:45-8:30 Progressions & Turns
8:30-9:15 Open Modern

Tuesday AM-Christine

9:00-10:00 Interval Training

Tuesday-Tiffany/Corey

4:00-5:15 Age 7-10 (Ballet, Tap, Jazz)
5:15-6:00 Lyrical/Contemporary I
6:00-6:45 Lyrical/Contemporary II
6:45-7:30 PreTeen/Teen Hip Hop
7:30-8:15 Hip Hop Advanced
8:15-9:00 Sr. Boy's Tap
9:00-9:30 Break Dancing

Wednesday AM-Christine

9:00-10:00 Bellydance Fitness

Wednesday AM-Diana/Jade

10:00-11:00 KinderClass I (Ballet, Tap)
11:00-11:30 Baby Class (Ballet, Tap)
11:30-12:15 PreSchool (Ballet, Tap)
12:15-12:45 Boys PreSchool

Wednesday-Becca/Tiffany

2:45-3:15 Baby Class (Ballet, Tap)
3:15-4:00 PreSchool (Ballet, Tap)
4:00-5:00 Age 5-7 (Ballet, Tap)
4:00-5:15 Age 5-7 (Ballet, Tap, Jazz)
5:15-6:45 Age 8-11 (Ballet, Tap, Jazz)
6:45-8:15 Preteen/Teen (Ballet, Tap, Jazz)
8:15-9:00 Adult (Tap) Intermediate/Adv

Thursday AM-Christine

9:00-10:00 Yoga

Thursday-Tiffany/Dawn

4:00-5:00 Intermediate (Tap, Jazz)
5:00-5:45 Intermediate Comp Rep
5:45-6:30 Junior/Senior I Company
6:30-7:15 Senior I & II Tap
7:15-8:00 Senior I & II Jazz
8:00-8:45 Senior II Company

Friday AM-Christine

9:00-10:00 Interval Training

Friday-Corey

4:30-5:15 Boy's Creative Movement
5:15-6:15 Boy's Tap/HipHop
6:15-7:00 Junior Breaking/Poppin
7:00- 7:45 Junior HipHop

Saturday-Dawn

9:00-9:30 Baby Class (Ballet, Tap)
9:30-10:15 PreSchool (Ballet, Tap)
10:15-11:15 Ages 5-7 (Ballet, Tap)
11:15-12:30 Ages 8-11 (Ballet, Tap, Jazz)
12:30-2:00 Teen (Ballet, Tap, Jazz)



"Dreams Do Come True"

Company & Competition
classes are by audition
or invitation only.

Please go to :
www.centerstagestudios.net
for class descriptions

****NonRefundable REGISTRATION FEE \$20.00** per student**