



2026-2027 IDT Heber Studio Schedule

August 17, 2026 - May 22, 2027

* Instructor Approval

**Director Approval

All class descriptions on website: www.intensitydanceteam.com

MONDAY			
Studio 1		Studio 2	
2:30 - 4:00 PM	Black Team** (13-18 yrs)	2:45-4:15 PM	Elite Gold Team Tech. (9-12 yrs)
4:15-5:45 PM	Elite Gold Team** (9-12 yrs)	4:15- 5:15 PM	Black Team Tech. (13-18 yrs)
5:45-6:30 PM	Jr Hip Hop Team** (7-12 yrs)	5:15-6:15 PM	Hip Hop Acro (10+)
6:30-7:30 PM	Halloween Project (8-18 yrs)	6:15-7:15PM	Strength and Conditioning (9-16 yrs)

TUESDAY			
Studio 1		Studio 2	
4:00-5:00 PM	Junior Team ** (5-8 yrs.)	4:00-5:00 PM	Gold Team Technique* (9-12 yrs)
5:00-6:15 PM	Gold Team** (9-12 yrs)	5:00-5:45 PM	Junior Team Technique* (5-8 yrs)
6:15- 7:45PM	Hip Hop Team ** (12-17 yrs)	5:45-6:45 PM	Hip Hop 3 (9-18 yrs)
		6:45-7:45 PM	Gold Elite Ballet* (9-12 yrs.)

WEDNESDAY			
Studio 1		Studio 2	
3:00-4:30 PM	Contemporary Team** (12-18 yrs)	4:00-4:30 PM	Mini Ballet (3-4 yrs)
4:30 -6:00 PM	Gold Elite Ballet* (9-12 yrs)	4:30- 5:00 PM	Mini Team (3-4 yrs)
6:00-7:00 PM	Jr. Contemporary Team* (9-12 yrs)	5:00-5:45 PM	Junior Team Ballet (5-8 yrs)
7:00-8:00 PM	Jack and Gold Team Ballet* (9+ yrs)	5:45-6:45 PM	All Boys Hip Hop Team (6-10yrs)

THURSDAY			
Studio 1		Studio 2	
3:30 - 4:30 PM	Musical Theater** (8-12 yrs)	5:30-7:00PM	Champ Elite Clogging Team (11-16 yrs)
		7:00-8:30 PM	Pro Elite Clogging Team (11-14 yrs)

FRIDAY			
Studio 1		Studio 2	
4:00-5:00 PM	Pom Team (6-10 yrs)	4:00 - 4:45 PM	Clogging 1 & 2 (5-8 yrs)
5:00-6:00 PM	Hip Hop Combo (9-14 yrs)	4:45- 5:45 PM	Prep Clog Co. (6-8 yrs)
6:00-7:00 PM	Turns, Leaps and Jumps (8-14 yrs)	5:45-6:45 PM	Intermediate Clog Club (8-11 yrs)
		6:45-7:45 PM	Advanced Clog Club (12 -14yrs)

SATURDAY			
9:00 - 9:30 a.m.			IDT Cheer 1 (3-4 yrs.)
9:30 - 10:00 a.m.			IDT Disney Combo Class (3-4 yrs)
10:00 - 10:30 a.m.			IDT Acro Level 1 (3-4 yrs)
10:30 - 11:00 a.m.			IDT Hip Hop 1 (3-4 yrs)

Discounts Available:	
Sibling Discounts (\$10.00/mrcounts (\$10.00/mo. per sibling	
Multiple Class Discounts: (-\$10/mo. 2nd class, -\$15/mo. 3rd class, -\$20/mo. rth class	
Full Season prepaid tuition 5% discount (Paid by 8/15/2026)	
Dynamic Schedule- Dependent upon enrollment	
*Instructor Approval	Register Online: intensitydanceteam.com
**Director Approval	
90-minute classes \$85.00/mo.	Dynamic Schedule-Based Upon Enrollment
75- minute classes \$80.00/mo.	
60-minute classes \$70.00/mo.	Call 385-399-9889
45-minute classes \$55.00/mo.	
30-minute classes 40.00/mo.	