



2025-2026 IDT Heber Studio Schedule

August 18, 2025 - May 23, 2026

* Instructor Approval

**Director Approval

All class descriptions on website: www.intensitydanceteam.com

MONDAY			
Studio 1		Studio 2	
2:30 - 4:00 PM	IDT Black Team** (12-18 yrs)	3:00-4:00 PM	IDT Gold Team Tech. (9-11 yrs)
4:00-5:15 PM	IDT Gold Team** (9-11 yrs)	4:00- 5:00 PM	IDT Black Team Tech. (12-18 yrs)
5:15-6:15 PM	IDT Jr Hip Hop Team** (7-11 yrs)	5:00-6:00 PM	IDT Black Team Ballet (12-18 yrs)
6:00-7:00 PM	IDT Turns (11 + yrs)	6:00 -7:00 PM	IDT Hip Hop Combo Class (10+)
7:00 - 8:00 PM	IDT Halloween Project (8-18)		

TUESDAY			
Studio 1		Studio 2	
3:15-4:00 PM	IDT Mini Team** (2-3 yrs)	3:30-4:00 PM	IDT Acro Level 1* Beginner
4:00-5:00 PM	IDT Junior Team** (5-8 yrs.)	4:00-5:00 PM	IDT Acro Level 3 * Intermediate
5:00-6:15 PM	IDT Hip Hop Team** (10 yrs and up)	5:00-5:45 PM	IDT Jr.Team Tech. (5-8 yrs.)
6:15- 7:30PM	IDT Contemporary Team** (12-17 yrs)	5:45-6:30 PM	IDT Acro Level 2 (5-8 yrs.)
		6:30 - 7:30 PM	Drill Team Only Class (14-18 yrs)

WEDNESDAY			
Studio 1		Studio 2	
3:45-4:15 PM	IDT Ballet 1 (3-4 yrs)	3:30- 5:30 PM	Private Lessons (8 yrs and up)
4:15 -5:00 PM	IDT Mini Team II** (3-4 yrs)	5:30-6:00 PM	IDT Disney Combo (3-4 yrs)
5:00 - 6:00 PM	IDT Gold Team Ballet* (9-11)	6:00-7:15 PM	Private Lessons (9-11 yrs)
6:00- 7:00 PM	IDT Jr. Contemporary Team (9-11)		

THURSDAY			
Studio 1		Studio 2	
4:15 - 5:15 p.m.	IDT Junior Hip Hop Class (7-10 yrs)	4:15- 5:00 PM	IDT Ballet 2 (5-8 yrs)
5:15-6:15 PM	IDT Private Lessons (10-18 yrs)	5:00- 6:00 PM	IDT Jr.Cheer Team (5-9 yrs)
6:15-7:15 PM	IDT Senior Turns & Technique (12-18 yrs)	6:00- 6:45 PM	IDT Jr. Technique (5-9 ys)
		6:45-7:30 PM	IDT Acro Level 2-3 (5-9 yrs)

Discounts Available:	
Sibling Discounts (\$10.00/runts \$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 8/15/2025)	
Dynamic Schedule- Dependent upon enrollment	
*Instructor Approval	Register Online: intensitydanceteam.com
**Director Approval	Dynamic Schedule-Based Upon Enrollment
90-minute classes \$75.00/mo.	
75- minute classes \$70.00/mo.	
60-minute classes \$60.00/mo.	Call 385-399-9889
45-minute classes \$45.00/mo.	
30-minute classes 30.00/mo.	

SATURDAY			
Studio 1			
9:00 - 9:30 a.m.	IDT Cheer 1		(3-4 yrs.)
9:30 - 10:00 a.m.	IDT Disney Coml		(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.)