



2022 Vineyard Studio Schedule

January 3, 2022 – May 27, 2022

*Instructor Approval

**Director Approval

All class descriptions on website: www.intensitydanceteam.com

MONDAYS	
Studio East	Studio West
3:00 - 4:15 p.m. IDT Gold Team II** (9-11 yr. olds)	3:00- 3:30 p.m. IDT Creative Ballet (3-5 yr. olds)
4:15 - 5:15 p.m. IDT Ballet 5* (12 and up)	3:30 - 4:15 p.m. IDT Mini Team** (2-5 yr. olds)
5:00 - 6:00 p.m. IDT Pointe Class* (12 and up)	4:15 - 5:00 p.m. IDT Junior Technique (12 and up)
6:00 - 7:00 p.m. IDT Improv/Choreo (11 and up)	5:15 - 6:00 p.m. IDT Mini Team 2** (9-12 yr. olds)
8:00 - 9:00 p.m. IDT Adult Class (Hip Hop)	6:00 - 7:00 p.m. IDT Combo Class (11 and up)
	8:00 - 9:00 p.m. IDT Yoga (Adult Fitness Class)

WEDNESDAYS	
Studio East	Studio West
3:30-4:00 p.m. IDT Creative Movement Team** (2 ½ - 5 year olds)	3:00-4:00 p.m. IDT Hip Hop (12 and up)
4:00 -5:30 p.m. IDT Senior Team** (12-18 yrs. old)	4:00-5:30 p.m. IDT Black Team II** (12-15 yr. olds)
5:30-6:30 p.m. IDT Junior Team** (6-8 year olds)	5:30-7:00 p.m. IDT Gold Team** (9-12 yr olds)
6:30-7:15 p.m. IDT Hip Hop 3 (11 and up)	7:00-8:00 p.m. IDT Beg./Int. Acro (10 and up)
8:00 - 9:00 p.m. IDT Adult Class (Ladies' Night Combo Class)	8:00-9:00 p.m. IDT High Fitness (Adult Fitness Class)

FRIDAYS	
Studio West	
3:00-3:45 p.m.	IDT Jazz 4 (10 and up)
3:45 - 4:30 p.m.	IDT Tap (5-10 yr. olds)
4:30-5:15 p.m.	IDT Ballet 4 (10 and up)
5:30 - 6:00 p.m.	IDT Special Needs Ballet (3-7 year olds)
6:00 - 6:30 p.m.	IDT Special Needs Ballet 8 and up)

SATURDAY	
Studio West	
9:30 - 10:00 a.m.	IDT Creative Ballet (2-5 yr olds)
10:00 - 10:30 a.m.	IDT Tumbling 1 (2-5 yr. olds)
10:30 - 11:30 a.m.	IDT Junior Tumbling (6-9 yr. olds)

TUESDAYS	
Studio East	Studio West
	9:30-10:00 a.m. IDT Ballet 1 (3-5 yr. olds)
	10:15-11:15 a.m. IDT Hip Hop/Jazz (3-5 yr. olds)
3:00 - 4:00 p.m. IDT Contemporary Team** (12 and up)	3:00 - 3:30 p.m. IDT Tumbling 1 (2-5 yr olds)
4:00-5:00 p.m. IDT Senior Technique (12 and up)	3:30-4:00 p.m. IDT Tumbling 1 (2-5 yr. olds)
5:00-6:00 p.m. IDT Senior Turns (12 and up)	4:00-5:00 p.m. IDT Jr. Tumbling (6-9 yr olds)
6:30-7:15 p.m. IDT All Boys Hip Hop (7 and up)	5:00-6:00 p.m. IDT Sr. Tumbling (10 and up)
7:15 -8:15 p.m. IDT Adult Class (Contemporary Tech.)	6:00-7:00 p.m. IDT Acro Dance (Advanced)
	7:00-8:00 p.m. IDT High Fitness (Adult Fitness Class)

THURSDAYS	
Studio East	Studio West
3:00-3:45 p.m. IDT Lyrical Class (10-15 yr. olds)	3:00-3:45 p.m. IDT Jazz 2 (6-9 yr. olds)
3:45 - 4:30p.m. IDT Ballet 4* (9-12 yr olds)	3:45-4:30 p.m. IDT Jr. Technique (6-8 yr. olds)
4:30 -6:00 p.m. IDT Black Team** (12-17 yr. olds)	4:30-5:15 p.m. IDT Ballet 2 (6-8 yr. olds)
6:00 - 7:00 p.m. IDT Senior Technique (Beg/Int.11 and up)	5:15-6:15 p.m. IDT Junior Team II** (6-8 yr. olds)
7:00 - 7:45 p.m. IDT Hip Hop4 (11 and up)	6:15-7:00 p.m. IDT Musical Theater (10 and up)
7:45 - 8:45 p.m. IDT Adult Class (Dance Moms)	7:00-7:45 p.m. IDT Hip Hop 3 (7-11 yr. olds)

ADULT DANCE CLASSES	
\$39/mo. Dance Pass Includes ALL Adult Dance Classes	
8:00 - 9:00 p.m.	<u>Mondays</u> IDT Hip Hop (\$25/mo.)
7:15 - 8:15 p.m.	<u>Tuesdays</u> IDT Contemporary (\$25/mo.)
8:15 - 9:15 p.m.	<u>Wednesdays</u> IDT Ladies' Night Combo (25/mo.)
7:45 - 8:45 p.m.	<u>Thursdays</u> IDT Back to Basics (\$25/mo.)

ADULT FITNESS CLASSES	
\$25/mo. Fitness Pass includes ALL Adult Fitness Classes!	
8:00-9:00 p.m.	<u>Mondays</u> IDT Yoga (\$20/mo.)
11:15 a.m.-12:15 p.m.	<u>Tuesdays</u> IDT Yoga (\$20/mo.)
7:00 - 8:00 p.m.	<u>High Fitness</u> (\$15/mo.)
8:00-9:00 p.m.	<u>Wednesday</u> IDT High Fitness (\$15/mo.)

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Sibling Discounts (-\$5.00/sibling)

Multiple Class Discounts (-\$10/mo. 2nd class, -\$15/mo. 3rd class, -\$20/mo. 4th class)

IDT Adult Dance Class Pass \$35.00 (All Adult Dance Classes)

90 minute classes \$70.00/mo.

60 minute classes \$60.00/mo.

45 minute classes \$50.00/mo.

30 minute classes \$40.00/mo.

Call 435-503-1303 with any questions.

Register at: www.intensitydanceteam.com