

# INTENSITY

## DANCE TEAM

*-No Regrets-*

2023-2024 Studio Schedule  
 August 21, 2023 – May 24, 2024  
 \*Instructor Approval  
 \*\*Director Approval

### MONDAYS

#### Studio 1

#### Studio 2

2:30-4:00 p.m. IDT Black Team ** (12-16 year olds)	3:00-4:00 p.m. IDT Gold Team Tech (9-12 year olds)
4:00-5:15 p.m. IDT Gold Team** (9-12 year olds)	4:00-5:00 p.m. IDT Black Team Tech. (12-16yr. olds)
5:15 -6:15 p.m. IDT Jr. Hip Hop Team** (7-11 yr. olds)	5:00- 6:00 p.m. IDT Black Team Ballet (12-16)
6:15 - 7:30 p.m. IDT Senior Team (14 and up)	6:00-7:00 p.m. IDT Hip Hop Combo Class (10 and up)
7:30-8:30 p.m. Private Lessons (schedule with Manager)	

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### TUESDAYS

#### Studio 1

#### Studio 2

3:15-4:00 p.m. IDT Mini Team** (3-5 yr. olds)	
4:00 -5:00 p.m. IDT Junior Team** (6-8 yr. olds)	4:00-5:00 p.m. IDT Acro Level 3 (10 &Up/Skills)
5:00-6:15 p.m. IDT Hip Hop Team* (10 and up)	5:00-5:45 p.m. IDT Jr. Team Tech. (6-8)
6:15- 7:30 p.m. IDT Black Team II** (12-17 yr. olds)	5:45-6:30 p.m. IDT Acro Level 2 (6-8/skills)
7:30-8:30 p.m. Private Lessons (schedule w/ Manager)	6:30-7:30 p.m. Private Lessons (Schedule w/Manager)

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### WEDNESDAYS

#### Studio 1

#### Studio 2

3:30 - 4:45 p.m. IDT Contemporary Team** (12 and older)	3:30-4:00 p.m. IDT Creative Movement (2-5 yr. olds)
4:45 -5:45 p.m. IDT Ballet 5* (12 and up)	4:00- 4:30 p.m. IDT Ballet 1 (2-5 yr. olds)
5:45 -6:30 p.m. IDT Gold Team Ballet* (9-11 yrs. old)	4:30-5:45 p.m. IDT Gold Team II** (9-11 yr olds))
6:30-7:15 p.m. IDT Gold Team Turns* (8-11 yrs. old)	5:45 -6:45 p.m. IDT Combo Class (9-11 yr. olds)

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### THURSDAYS

#### Studio 1

#### Studio 2

4:15-5:00 p.m. IDT Ballet 2 (6-8)	4:00-5:00 p.m. Private Lessons (schedule thru office)
5:00-6:00 p.m. IDT Acro Level 2 (6-8/skills)	5:00- 5:45 p.m. IDT Jr. Technique (7-10 yr. olds)
6:00-6:45 p.m. IDT Cheer/Acro /Tumbling (8-11 yr. olds)	5:45-6:45 p.m. IDT Jr. Cheer Team (6-8 yr. olds)
6:45 -7:45 p.m. IDT Jr. Hip Hop (8-12 yr olds)	6:45-7:45 p.m. IDT Sr. Technique (11 and up)

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### SATURDAYS

#### Studio 1

9:00- 9:30 a.m.	IDT Cheer 1 (3-6 yr olds)
9:30-10:00 a.m.	IDT Disney Combo Class (2-5 yr. olds)
10:00-10:30 a.m.	IDT Tumbling 1 (2-5 yr. olds)
10:30-11:00 a.m.	IDT Hip Hop 1 (2-5 yr. olds)

\*Saturday Errand Bundle\* Drop kids off while you run errands-3 classes + snacks \$85.00/mo. 4 classes + snacks \$105.00/mo.

*Dynamic Schedule- Dependent upon enrollment.*

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 Classes must have at least 5 students enrolled by October 10, 2022 to carry.  
 Multiple Class Discounts (2<sup>nd</sup> class -\$10/mo., 3<sup>rd</sup> class -\$15.00/ mo., 4<sup>th</sup> class \$20.00/mo.)  
 Sibling Discounts (-\$5.00/mo. per sibling)  
 Full Season prepaid tuition 5% discount  
 90 minute classes: \$78.00/mo.  
 60 minute classes: \$68.00/mo.  
 45 minute classes: \$58.00/ mo.  
 30 minute classes: \$42.00/mo.

All class descriptions and registration @ [intensitydanceteam.com](https://intensitydanceteam.com)  
 Call: 435-503-1303