

WEEKEND ONLINE CLASS SCHEDULE

Please note we tried our best to be as close to your normal classes times, we apologize it's slightly off. We will also do our best to capture and post video of new choreography just in case you cannot make the slightly altered class time.

We hope to see you all online today!
Miss Abigail & Your AFDS Faculty



FRIDAY CLASSES - W/DROPBOX FOLDERS W/ RECREATIONAL RECITAL MUSIC

Adult Yoga (all levels welcome)

- 9-10am (Miss Shawna): <https://zoom.us/j/374930386>

Friday 4-5:30pm Big Kids Combo

DROPBOX https://www.dropbox.com/sh/fet29qnuky5gezz/AAAoQiY3GhtS9EdW1TXE_aR5a?dl=0

- 4-4:40pm (Miss Theresa): <https://zoom.us/j/189584585>
- 10 minute break for bathroom and water - you can use the same link for both parts
- 4:50-5:30pm (Miss Theresa): <https://zoom.us/j/189584585>

FRIDAY BALLET

- 4-5pm (Miss Brittany): <https://us04web.zoom.us/j/950212112>

FRIDAY WORKOUT/STRETCH & TECHNIQUE

- 5-6pm (Miss Brittany): <https://us04web.zoom.us/j/693773607>



SATURDAY CLASSES - W/DROPBOX FOLDERS W/ RECREATIONAL MUSIC

Saturday 9-10am Tippy Toes & Tap Shoes (Miss Val)

DROPBOX <https://www.dropbox.com/sh/hhtg09je9dl9buo/AABEHLqQrj4acO-JL7l9ODQ0a?dl=0>

- ONLINE CLASS LINK <https://zoom.us/j/808316333>

Saturday 11-12:30pm (Miss Abigail)

Workout, Stretch, Technique & Improv (Miss Abigail)

- ONLINE CLASS LINK <https://zoom.us/j/535753422>

Continue onto next page for Sunday Classes

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SUNDAY CLASSES - W/DROPBOX FOLDERS W/ RECITAL MUSIC

SASSY 7

- 12-2pm (Miss Mary): <https://zoom.us/j/864386573>

Workout, Stretch, Technique (Level I/II)

- 3-4:30pm (Zoe & Kevin): <https://zoom.us/j/382114192>

Hip Hop & Contemporary (Zoe & Kevin)

DROPBOX <https://www.dropbox.com/sh/0hs86ujyv2h8pf/AACCJ-AjUWizKCIM53BuhM98a?dl=0>

- Younger Group 4:30-5:15pm (Zoe & Kevin): <https://zoom.us/j/758971330>
- Older Group 5:30-6:15pm (Zoe & Kevin): <https://zoom.us/j/878182828>

Ballet

- 6:15-7:15pm (Miss Mary (no yoga ball required)) <https://zoom.us/j/658386030>
- 7:15-8:15pm PBT (Miss Mary) (yoga ball required) <https://zoom.us/j/690522232>

Workout/Stretch/Tech (Levels II/III) — **NEW LINK AND PASSWORD**

- 8:15-9:45pm (Miss Lisa): [https://zoom.us/j/257564721?
pwd=QzdqeURrTU5vYVIWdIVRYzFtcnJWZz09](https://zoom.us/j/257564721?pwd=QzdqeURrTU5vYVIWdIVRYzFtcnJWZz09)
- **Class password 5678**