

WEDNESDAY 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

RECREATIONAL & ADULT CLASSES W/DROPBOX FOLDERS W/RECITAL MUSIC

Wednesday 1-2pm Adult Cardio Barre (Miss Mary)

- 1-2pm <https://zoom.us/j/721514882>

Wednesday 3:45 Combo (Miss Abigail)

I need to start this class earlier at 3:15pm for scheduling reasons - thanks for understanding

DROPBOX <https://www.dropbox.com/sh/3den7y05790emrd/AAB3pZB3SACN1QjEjDlaifjqa?dl=0>

- Online class PART 1: 3:15-3:50 Ballet <https://zoom.us/j/704113046>
- 5 minute bathroom and water break
- Online class PART 2: 3:55-4:15 Tap <https://zoom.us/j/704113046>

Wednesday 4-6 Combo (Miss Theresa)

Due to scheduling issues we need to start your class 4:15pm - thanks for understanding

DROPBOX https://www.dropbox.com/sh/2xercvr6hk7dcaq/AAAtgyAqWfbetEJRTNL_7Uua?dl=0

- Online class PART 1: 4:15-5pm <https://zoom.us/j/831518202>
- 10 minute break for bathroom and water
- Online class PART 2: 5:10-6pm <https://zoom.us/j/831518202>

Wednesday 5:30 Hip Hop (Miss Theresa)

Due to scheduling issues we need to start your class 6pm - thanks for understanding

DROPBOX https://www.dropbox.com/sh/8ez30tmyxvIk7k1/AACXkVixJHSF-TyJa_-75517a?dl=0

- Online class 6-6:45pm <https://zoom.us/j/134825425>

Wednesday 6-8 Tap & Hip Hop (Miss Theresa)

Due to scheduling issues we need to start your class 6:50pm - thanks for understanding

DROPBOX <https://www.dropbox.com/sh/nedmt57rplhu6ma/AADsQ-Qiv-8zn6KYRqvenq-za?dl=0>

- Online class PART 1: 6:50-7:45pm <https://zoom.us/j/368764487>
- 5 minute break for bathroom and water
- Online class PART 2: 7:50-8:45pm <https://zoom.us/j/368764487>

WEDNESDAY ONLINE CLASS SCHEDULE

TEAM/COMPANY & BALLET / TECHNIQUE / WORKOUT CLASSES

Wednesday Junior Company - NEW LISA LINKS & PASSWORD "5678"

- 4-4:40pm (Miss Lisa): <https://zoom.us/j/478162144?pwd=VjEyTXpRZnR2ZUMvZDhWSTF5V3kzd09>
- 4:45-5:20 (Workout & Tech Miss Lisa) <https://zoom.us/j/990061962?pwd=dzRic3IyeTQxK3NCNktNak5hY0wxZz09>
- 5:20-6pm (Miss Brittany ballet & turning exercises): <https://us04web.zoom.us/j/109225107>

Wednesday Elite Company: - NEW LISA LINKS & PASSWORD "5678"

- 4:30-5:20pm (Miss Brittany ballet & turning) <https://us04web.zoom.us/j/196522626>
- 5:25-6:00pm (Miss Lisa) <https://zoom.us/j/416710360?pwd=dUliZUowdThaRlovcWcyOFdrVEVhdz09>
- 6-6:55 Workout & Stretch (Miss Lisa) <https://zoom.us/j/957593294?pwd=aVdteGQ2RnZMRW13Vi9BM0Zvb05MZz09> (optional)
- 7-7:40 Advanced technique (Miss Lisa) <https://zoom.us/j/483014627?pwd=a1QzeDA1a2IRYIVxTjRNCg1mZGxDQT09> (optional)

Wednesday Select Team - NEW LISA LINKS & PASSWORD "5678"

- 7-7:40 Advanced technique (Miss Lisa) <https://zoom.us/j/483014627?pwd=a1QzeDA1a2IRYIVxTjRNCg1mZGxDQT09> (optional)
- 7:45-8:25pm (Miss Lisa): <https://zoom.us/j/643200682?pwd=L29Ld1hUQi80MWVHTHRDWHNuMkE3Zz09>
- 8:30-9:30pm (Miss Brittany ballet & turning): <https://us04web.zoom.us/j/453479545>

Wednesday Senior Company - NEW LISA LINKS & PASSWORD "5678"

- 7-7:40 Advanced technique (Miss Lisa) <https://zoom.us/j/483014627?pwd=a1QzeDA1a2IRYIVxTjRNCg1mZGxDQT09>
- 7:30-8:25pm (Miss Brittany ballet & turning): <https://us04web.zoom.us/j/712900217>
- 8:30-9:30pm (Miss Lisa) <https://zoom.us/j/458466745?pwd=VHhObFMvbExlakVKcklEZ1AwWnJiQT09>

Wed. Workouts & Tech/Stretch - NEW LISA LINKS & PASSWORD "5678"

- Level I/II 4:45-5:20pm (Miss Lisa) <https://zoom.us/j/990061962?pwd=dzRic3IyeTQxK3NCNktNak5hY0wxZz09>
- Workout & Stretch 6:00-6:55pm (Miss Lisa) <https://zoom.us/j/957593294?pwd=aVdteGQ2RnZMRW13Vi9BM0Zvb05MZz09>
- Level III/IV 7:00-7:40pm (Miss Lisa) <https://zoom.us/j/483014627?pwd=a1QzeDA1a2IRYIVxTjRNCg1mZGxDQT09>