

ADULT FREE TRY IT DAY SCHEDULE

Sunday, Sept. 27th at **DFJ Bellingham**

Yoga, 12:00-12:30

Stretch, strengthen, and unwind with a class designed to improve flexibility, balance, and overall well-being.

Upbeat Barre 12:30-1:00

Get moving with a fun, energetic barre workout that blends ballet-inspired movements with upbeat music and fitness.

Beginning Tap 1:00-1:45

Always wanted to tap? Learn the basics of tap technique, rhythm, and fun combinations in a relaxed, beginner-friendly class.

Intermediate/Advanced Tap 1:45-2:30

Put your tap skills to work with challenging combinations, musicality, and plenty of rhythm.

Beginning Ballet 2:30-3:15

Discover the beauty of ballet in a welcoming class covering basic positions, steps, technique, and graceful movement.

Intermediate/Advanced Ballet 3:15-4:00

Refine your technique, strength, and artistry while enjoying a traditional ballet class designed for experienced dancers.

Intermediate/Advanced Jazz 4:00-4:45

Bring your energy and personality to class with dynamic jazz technique, fun combinations, and expressive movement.

Intermediate/Advanced Contemporary 4:45-5:30

Explore musicality, emotion, and creative movement while building contemporary technique through fluid and expressive choreography.

Open Level Hip Hop 5:30-6:15

Have fun, let loose, and learn energetic hip hop combinations in a welcoming class that encourages everyone to move at their own level.

