



Dance	Acting	Music	Health & Fitness
Parent & Me – Ages 18 mos-2.5	Private Public Speaking Coaching Ages Teen to Adult	Private Vocal Lessons Ages 8 to Adult	Yoga - Ages 16+ Kundalini, Yin Yoga & Vinyasa
Tiny Tumble – Ages 2-4	Intro to Acting & Creative Dramatics Ages 6-9	Private Instrumental Lessons Ages 4 to Adult*	Simply Yoga 10 Week Series
Tiny Dance – Ages 2.5 - 4	Jr. Acting & Improv Ages 10-12	Rock Band/Acoustic Band Classes**	Kundalini Yoga 6 Week Series
Tiny Dance 2 – Ages 3.5 - 5	Teen Acting, Improv & Shakespeare Ages 13-17	Ensemble Classes**	
Mini Dance – Ages 6-9			
Jr. Dance – Ages 10-12			
Teen Dance - Ages 13-17			
Adult – Ages 18+			

\*Each instrumental has a different beginner age level. Please contact us for placement and information.

\*\*These classes are by audition or invitation only. For students with at least 1-2 years of experience on their instrument.

We also offer Private Coaching and Instruction in Dance, Acting, Yoga & Zumba.

All Classes are subject to change with enrollment

**Monday**

The Middlesex Studio

The Rockstar Annex in Dunellen

4:30-6:00 Mini Dance Ballet/Jazz/Tap – Miss Sam & Miss Theresa	
6:00-6:45 Jr. Ballet – Miss Theresa	4:45-5:45pm Teen Intro to Dance
6:45-7:30 Jr. Tap – Miss Sam	5:45-6:30pm Teen Musical Theatre
7:30-8:15 Jr. Jazz – Miss Sam	7:00-8:00 Adv. Teen Ballet – Miss Theresa

**Tuesday**

The Middlesex Studio

The Rockstar Annex in Dunellen

5-6 Jr. Acting - Dani	
6-6:30pm Beg/Inter Acro - Miss Sam	
6:30-7:30pm Inter Teen Dance – Miss Sam	
7:30-8pm Beg/Inter Teen Tap - Miss Sam	6:45-8:15 Simply Yoga – Darlene

**Wednesday**

The Middlesex Studio

The Middlesex Music Studio

The Rockstar Annex in Dunellen

4:00-4:45 Intro to Acting – Dani	Guitar and Ukulele Ensemble 5:30-6:30 – David	
4:45-5:45pm Acro/Tumbling		
5:45-6:15pm 12 & Under Hop Hop		
6:15-7pm 13 & up Hip Hop		
7-8 Advanced Teen – Miss Sam		
8:00-8:45 Teen Tap – Miss Sam		

**Thursday**

The Middlesex Studio

The Rockstar Annex in Dunellen

5:00-6:00 Jr. Improv - Dani	
7-8:15 Kundalini - Barbara	

**Friday**

The Middlesex Studio

The Rockstar Annex in Dunellen

5:00-5:45 Adult Beginner Ballet – Miss Theresa	
5:45-6:15 Adult Beginner Jazz - Miss Theresa	
6:15-7:00 Adult Beginner Tap – Miss Theresa	

**Saturday**

The Middlesex Studio

The Rockstar Annex in Dunellen

**Sunday**

The Middlesex Studio

8:00-9:15 Simply Yoga – Darlene		
	12:30-2pm Teen Acting – Ms. Rich	10-10:30 Tiny Tumble – Miss Theresa
10:30-11:00 Tiny Dance – Miss Theresa		11-12:15 pm Simply Yoga – Darlene
11-11:45 Tiny Dance 2 – Miss Theresa		