



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

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

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	
4:45-5:15 Mini Jazz - Miss Sam		
5:15-6:00 Mini/Jr. Acro - Miss Sam		
6:00-6:45 Jr. Musical Theatre- Miss Sam		7-8 Teen Jazz – Miss Sam
7:15-8:15 Simply Yoga – Darlene		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		
10-10:30 Parent & Me – Miss Theresa	12:00-1:30 Teen Acting – Ms. Rich	10-10:30 Tiny Tumble – Miss Theresa
10:30-11:00 Tiny Dance – Miss Theresa		5:30-6:45 Simply Yoga – Darlene
11-11:45 Tiny Dance 2 – Miss Theresa		