



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*	ZUMBA
Tiny Dance – Ages 2.5 - 4	Jr. Acting & Improv Ages 10-12	Rock Band/Acoustic Band Classes**	
Tot Hop – Ages 3 - 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	4:45-5:45pm Teen Intro to Dance – Miss Sam
6:00-6:45 Jr. Ballet – Miss Theresa	7:00-8:00 Intermediate/Adv. Teen Ballet – Miss Theresa
6:45-7:30 Jr. Tap – Miss Sam	
7:30-8:15 Jr. Jazz – Miss Sam	

Tuesday

The Middlesex Studio

The Rockstar Annex in Dunellen

4-5 Creative Dramatics – Rachel	6:00-7:00pm ZUMBA –Yolanda
5-6 Jr. Acting - Dani	7:15-8:15pm Simply Yoga- Darlene
6:00-6:30 Beginner Acro – Miss Sam	
6:30-7:30 Intermediate Teen – Miss Sam	
7:30-8:00 Intermediate Teen Tap –Miss Sam	

Wednesday

The Middlesex Studio The Middlesex Music Studio The Rockstar Annex in Dunellen

4:45-5:45pm Acro/Tumbling	Guitar and Ukulele Ensemble 5:30-6:30 – David	6:00-7:00pm ZUMBA–Yolanda
5:45-6:15pm Tot Hop - Miss Sam		7:15-8:15pm Simply Yoga-Darlene
6:15-7pm Teen Hip Hop Miss - Sam		
7-8 Advanced Teen – Miss Sam		
8:00-8:45 Teen Tap – Miss Sam		

Thursday

The Middlesex Studio The Rockstar Annex in Dunellen

4:00-5:00 Intro to Acting – Rachel	6:30-7:00pm Stretch Yoga – Darlene
5:00-6:00 Jr. Improv - Dani	7:00-8:00pm ZUMBA-Yolanda

Friday

The Middlesex Studio The Rockstar Annex in Dunellen

	6:30-7:30pm Simply Yoga - Darlene

Saturday

The Middlesex Studio

Sunday

The Rockstar Annex in Dunellen The Rockstar Annex in Dunellen

9:15-10:15 Simply Yoga – Darlene	10:30-11:15 ZUMBA Kids – Yolanda	10:00-11am Simply Yoga – Darlene
10:30-11:15 Tiny Dance – Miss Theresa		11:30-1pm Teen Acting – Ms. Rich