

CLASS SCHEDULE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM Follow Me Dance (Adult)	10:00AM-11:00AM Ethnic Minority Dance Class (Adult)	9:00AM-10:00AM Follow Me Dance (Adult)	9:00AM-10:00AM Follow Me Dance (Adult)	9:00AM-10:00AM Follow Me Dance (Adult)	9:00AM-10:00AM Follow Me Dance (Adult)	9:00AM-10:00AM Follow Me Dance (Adult)
10:30AM-12:30PM Advanced Class B (14-18)	11:00PM-12:30PM Basic Dance Class (Adult)	10:10AM-11:40AM Comprehensive Dance Class (Adult)	10:15AM-11:15AM Body Training (Adult)	10:10AM-11:40AM Comprehensive Dance Class (Adult)	11:15AM-11:45AM Shen Yun Class (Adult)	10:30AM-11:30AM Early Beginner Class (Boys, 3-5)
12:30PM-2:00PM Lower Intermediate Class A (10-13)	1:00PM-2:00PM Follow Me Dance (Adult)	11:45AM-12:45PM Body Training (Adult)	11:30AM-12:30PM Follow Me Dance Drop In (Adult)	11:45AM-12:45PM Body Training (Adult)	1:00PM-2:00PM Follow Me Dance (Adult)	11:30AM-12:30PM Beginner Class (5-8)
2:10PM-4:10PM Lower Intermediate Class B (12-15)	4:30PM-6:30PM Intermediate Class (14-18)	1:00PM-2:00PM Follow Me Dance (Adult)	1:00PM-2:00PM Follow Me Dance (Adult)		5:00PM-6:30PM Advanced Class A (16+)	1:00PM-2:00PM Follow Me Dance (Adult)
3:00PM-4:00PM Higher Beginner Class (8-11)		4:00PM-5:00PM Beginner Class (5-8)	7:00PM-8:00PM Follow Me Dance (Adult)		7:00PM-8:00PM Follow Me Dance (Adult)	2:10PM-4:10PM Advanced Class B (14-18)
4:10PM-6:10PM Advanced Class A (16+)	7:00PM-8:00PM Follow Me Dance (Adult)	5:00PM-6:30PM Higher Beginner Class (8-11)				3:20PM-4:20PM Early Beginner Class (Girls, 3-5)
		7:40PM-8:40PM Body Training (Adult)				4:15PM-6:15PM Lower Intermediate Training Class (11-14)
						4:30PM-6:30PM Higher Beginner Training Class (11-14)

Notes:

The highlighted colour of each class session correlates to the instructors in charge: [Ms. Yang Yang](#), [Mr. Hua Zang](#), [Ms. Gloria Huang](#), [Jointly taught by Ms. Yang Yang and Ms Gloria Huang](#)

Private Lessons are arranged by appointments ONLY. Contact us for details.

ShenYun classes involve dance combinations which help dancers develop grace, posture, breathing, stage presence, musicality, performance skills, and facial expressions.

The Comprehensive Dance Class includes everything from basic skills training and up to dance choreography