



2026-2027 Schedule

The Studance Lab | studancelab.com | (623) 932-1505 | 1050 N Fairway Dr. Avondale AZ

*Classes may change due to various circumstances

Parent & Me

18MO-3YR OLDS
Movement & Rhythm

Mon 3:30-4:15pm
Wed 3:00-3:45pm
Fri 3:45-4:30pm

Tiny Tots

3-4 YR OLDS
Must Be Potty Trained

Monday
4:15-5:00pm Hip Hop
Wednesday
3:45-4:30pm Ballet
Saturday
10:30-11:15am Ballet
11:30am-12:15pm Hip Hop

Mini's

4-5 YR OLDS
4yrs by Sept. 1st

Monday
4:15-5:00pm Acro
Tuesday
4:45-5:30pm Ballet
Wednesday
3:30-4:45pm Cheer & Tumble
Thursday
3:30-4:15pm Ballet
4:15-5:00pm Hip Hop
Friday
3:30-4:15pm Acro
4:30-5:15pm Hip Hop
Saturday
9:00-9:45am Hip Hop
9:45-10:30am Ballet

Youngstars

5-7 YR OLDS
Kinder by Sept. 1st

Monday
4:15-5:00pm Acro
5:00-5:45pm Ballet
Tuesday
4:00-4:45pm Jazz
4:45-5:30pm Acro
Wednesday
3:30-4:45pm Cheer & Tumble
4:30-5:15pm Hip Hop
5:15-6:00pm Ballet
Thursday
4:15-5:00pm Hip Hop
Friday
4:30-5:15pm Hip Hop
4:30-5:15pm Breaking
Saturday
9:00-9:45am Ballet
9:45-10:30am Hip Hop

Level I

8-13YRS OLDS
8 yrs by Sept. 1st

Monday
5:00-6:00pm Ballet
5:00-6:00pm Jazz*
6:00-7:00pm Ballet
6:00-7:00pm Hip Hop
7:00-8:00pm Contemporary*
Tuesday
5:30-6:30pm Ballet
6:30-7:30pm Tap
7:30-8:30pm Acro*
Wednesday
5:15-6:15pm Ballroom
Thursday
3:45-5:00pm Cheer & Tumble
5:00-6:00pm Jazz*
6:00-7:00pm Hip Hop
Friday
4:15-5:15pm Acro*
5:15-6:15pm Hip Hop
5:15-6:15pm Technique *
6:15-7:15pm Ballet
6:15-7:15pm Hip Hop
6:15-7:15pm Money Moves
7:15-8:15pm Breaking
7:15-8:15pm Contemporary*
Saturday
9:30-10:30am Ballet
10:30-11:30am Hip Hop
11:30am-12:30pm Jazz*

Teen

IN HIGH SCHOOL

Monday
6:00-7:00pm Ballet
7:00-8:00pm Jazz*
8:00-9:00pm Contemporary*
Thursday
7:00-8:00pm Hip Hop

Level 2/3**

Monday
7:00-8:00pm Acro 2/3*
Tuesday
5:30-6:30pm Tap 3 (13-17)
7:30-8:30pm Tap 2 (8-17)
Wednesday
5:15-6:15pm Ballroom 1/2
6:15-7:15pm Contemporary 2*
6:15-7:15pm Ballroom 2/3
7:15-8:15pm Ballet 2
8:15-9:15pm Jazz 2*
Thursday
5:00-6:00pm Money Moves 3*
6:00-7:00pm Breaking 3
6:00-7:00pm Hip Hop 2
Friday
6:15-7:15pm Money Moves 1/2*
7:15-8:15pm Breaking 2

ADULT

Thursday
8:00-9:00pm Hip Hop

*Corequisite required
**Evaluation Required



Open Dance Floor

Fri 8:00-10:00pm



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L.A.B ELITE

There are three core factors we take into account when considering level placement and move ups. These include:

LOOK THE PART.

- Show up to the studio with appropriate dress code
- Look like a dancer with confidence
- Understand expectations
- Demonstrate behavior consistent with expectations
- Stay focused throughout class

ALWAYS DO THEIR BEST.

- Always give their best effort during all exercises
- Encourage teammates
- Demonstrate a strong work ethic
- Remember material week to week
- Is the dancer a great listener and participator

BE THE EXPERT.

- Understand material
- Execute material consistently
- Demonstrate rhythm & musicality
- Practice outside of the classroom

Minis/Juniors Ages 7-12

Tuesday

4:00-5:00pm Floor Barre
5:00-6:00pm Contemporary
6:00-7:30pm Ballet

Wednesday

6:15-7:15pm Jazz
7:15-8:15pm Acro Technique

Thursday

7:00-8:00pm Hip Hop
8:00-8:45pm Residency Training

Teen/Seniors Ages 13+

Tuesday

6:30-7:30pm Contemporary
7:30-9:30pm Ballet

Wednesday

4:45-6:15pm Floor Barre & Technique
7:15-8:15pm Jazz

Thursday

7:00-8:00pm Residency Training
8:00-9:00pm Hip Hop

LAB TIME

Monday

4:00-5:00pm Ascendance Petite
8:00-9:00pm Ascendance Premier

Wednesday

3:30-4:15pm Groovy Babies
4:15-5:15pm The Company- Minis
8:15-9:15pm The Company Juniors
8:15-9:15pm The Company Tn/Sr

Thursday

5:00-6:00pm Lab Ratz HH Crew

Friday

5:15-6:15pm- Blessed Fresh

There is a 4-class minimum to remain enrolled in the LAB Elite program. Ballet is a requirement for any stage style.

If a student progresses quickly in any level, their teacher will complete an evaluation form detailing mastery of the given level and request a schedule change to a higher-class level.