



Dress Code Guide: LAB Elite vs Recreational

Style	Lab Elite	Recreational
Ballet / Pre-Pointe	- Hair in a clean bun - Black, teal, or white leotard - Pink tights - Pink split-sole ballet shoes	- Hair in a clean bun - Black Studance Lab leotard - Pink tights - Pink ballet shoes
Ballroom	- Hair in a clean bun - Black, teal, or white form-fitting attire - Any color ballroom shoes <i>Optional: ballroom skirt</i>	- Hair in a slick back pony tail - Black Studance Lab leotard - Black Studance Lab leggings - Any color ballroom shoes <i>Optional: ballroom skirt</i>
Breaking / Money Moves	- Hair up and out of face - Black, teal, or white loose-fitting attire - Spin beanie, spin jacket, knee pads, sneakers	- Hair up and out of face - Black Studance Lab joggers - Black or teal Studance Lab t-shirt - Spin beanie, spin jacket, knee pads, sneakers
Contemporary	- Hair in a clean bun - Black, teal, or white form-fitting attire - Bare feet <i>Optional: yoga pants, black crew socks, branded Studance Lab t-shirts</i>	- Hair in a slick back pony tail - Black Studance Lab leotard - Black Studance Lab leggings - Mint Studance Lab Contemporary shirt - Black crew socks
Floor Barre	- Hair in a clean bun - Black, teal, or white form-fitting attire - Barre feet	N/A
Hip Hop	- Hair up and out of face - Black, teal, or white loose-fitting attire - Leotard or sports bra under t-shirt - Sneakers	- Hair up and out of face - Black Studance Lab joggers - Black or teal Studance Lab t-shirt - Sneakers
Jazz / Acro / Technique	- Hair in a clean bun - Black, teal, or white form-fitting attire - Bare feet or turners	- Hair in a clean bun - Black Studance Lab leotard - Black Studance Lab leggings <i>Jazz Only: Tan or black jazz shoes</i>
Musical Theatre/ Tap	- Hair in a clean bun - Black, teal, or white form-fitting attire - Any color tap shoes <i>Optional: dance shorts or pants</i>	- Hair in a clean bun - Black Studance Lab leggings - Black Studance Lab leotard - Black tap shoes that cover the entire foot