



5311 E. Speedway Blvd. Tucson, AZ, 85712.

CLASS SCHEDULE



Monday

9:00 AM **Groove Cardio** w/ Charlie C. (Studio A)
 9:00 AM **Ballet Basics** w/ Hunter S. (Studio B)
 10:30 AM **BreakOut BootCamp** w/ Charlie C. (Studio C)
 10:30 AM **Intermediate Ballet** w/ Hunter S. (Studio B)
 3:30PM **Somatic Restorative Yoga** w/ Alicia H. (Studio C)
 4:30 PM **Vinyasa Flow** w/ Alicia H. (Studio C)
 5:30 PM **Pop Lyrical** w/ Jaimee F. (Studio A)
 5:30 PM **Ballet Barré** w/ Charlie C. (Studio B)
 5:30 PM **the Feldenkrais Method®** w/ Tammy R. (Studio C)
 5:30PM **TRX Power** w/ Collin B. (Studio F)
 6:30 PM **Belly Dance** w/ Melissa H. (Studio A)
 6:30 PM **Open Modern** w/ Tammy R. (Studio B)
 6:30 PM **Dance Conditioning** w/ Charlie C. (Studio C)
 7:30 PM **Contemporary Ballet** w/ Hunter S. (Studio B)
 7:30 PM **Open Hip Hop** w/ Manny M. (Studio C)
 8:30 PM **Femme** w/ Manny M. (Studio C)

Tuesday

9:00 AM **Ballet Basics** w/ Taylor J. (Studio B)
 9:00 AM **Mat Pilates** w/ Erinn G. (Studio C)
 9:00 AM **TRX w/ Bands** w/ Collin B. (Studio F)
 10:00 AM **Adv Ballet** w/ Taylor J. (Studio B)
 10:00AM **TRX & Stretch** w/ Collin B. (Studio F)
 11:00 AM **Chair Yoga** w/ Trish H. (Studio A)
 4:30 PM **8 Treasures Qigong+ 氣功** w/ Damaris N. (Studio F)
 5:00 PM **Intermediate Ballet** w/ Hunter S. (Studio B)
 5:30 PM **Leaps and Turns** w/ Andrea S. (Studio A)
 5:30 PM **Tap Basics** w/ Ari N. (Studio C)
 5:30 PM **Tai Chi 太極** w/ Damaris N. (Studio F)
 6:30 PM **Dance Cardio** w/ Todd W. (Studio A)
 6:30 PM **FloorWork Basics** w/ Leigh Ann R. (Studio B)
 6:30 PM **Open Tap** w/ Ari N. (Studio C)
 7:30 PM **Stretch & Meditate** w/ Todd W. (Studio A)

Wednesday

9:00 AM **Cardio Lite** w/ Jaimee F. (Studio A)
 9:00 AM **Somatic Yin Yoga** w/ Alicia H. (Studio C)
 10:00 AM **Jazz Basics** w/ Jaimee F. (Studio A)
 10:00 AM **Vinyasa Yoga Flow** w/ Alicia H. (Studio C)
 4:30 PM **Qigong+ 氣功** w/ Damaris N. (Studio C)
 5:00PM **TRX & Dumbbells** w/ Collin B. (Studio F)
 5:30 PM **Country Cardio** w/ Shamaine A. (Studio A)
 5:30 PM **Jazz Funk** w/ Laurie C. (Studio B)
 5:30 PM **Tai Chi 太極** w/ Damaris N. (Studio C)
 6:30 PM **Adv Jazz** w/ Todd W. (Studio A)
 6:30 PM **Adv Ballet** w/ Hunter S. (Studio B)
 6:30 PM **Intermediate Hip Hop** w/ Sunny A. (Studio C)
 8:00 PM **Open Contemporary** w/ Hunter S. (Studio B)
 8:30 PM **Heels Choreography** w/ Morena H. (Studio C)

Thursday

8:00AM **Foam Roll & Stretch** w/ Collin B. (Studio F)
 9:00 AM **Country Cardio Lite** w/ Jaimee F. (Studio A)
 9:00 AM **Ballet Basics** w/ Taylor J. (Studio B)
 9:00AM **TRX BootCamp** w/ Collin B. (Studio F)
 10:00 AM **Intermediate Ballet** w/ Taylor J. (Studio B)
 12:00 PM **Intro to Ballet** w/ Taylor J. (Studio B)
 5:30 PM **Open Modern** w/ Cynthia W. (Studio B)
 5:30 PM **Pop Jazz** w/ Todd W. (Studio A)
 5:30 PM **Open Hip Hop** w/ Manny M. (Studio C)
 6:30 PM **Groove Cardio** w/ Todd W. (Studio A)
 6:30 PM **Ballet Basics** w/ Charlie C. (Studio B)
 6:30 PM **Jazz Funk** w/ Manny M. (Studio C)
 7:30 PM **Buti Yoga** w/ Megan C. (Studio C)
 7:30 PM **Femme** w/ Manny M. (Studio A)
 8:30 PM **Slow & Sexy** w/ DeShanna K. (Studio A)

Saturday

8:00 AM **Ballet Basics** w/ Hunter S. (Studio B)
 9:00 AM **Advanced Ballet** w/ Taylor C. (Studio B)
 9:00 AM **Stretch & Strength** w/ Jaimee F. (Studio C)
 9:30 AM **Cardio Lite** w/ Charlie C. (Studio A)
 10:30 AM **Pop Jazz** w/ Todd W. (Studio A)
 10:30 AM **Intermediate Ballet** w/ Charlie C. (Studio B)
 11:30 AM **Dance Cardio** w/ Todd W. (Studio A)
 12:30 PM **Hip Hop Basics** w/ Sunny A. (Studio A)
 12:30 PM **Intermediate Jazz** w/ Todd W. (Studio B)
 12:30 PM **Pop Spirit** w/ Hilary C. (Studio C)
 1:30 PM **Open Hip Hop** w/ Manny M. (Studio A)

Sunday

8:00 AM **TRX Bootcamp** w/ Collin B. (Studio F)
 9:00 AM **Sip & Stretch** w/ Todd W. (Studio B)
 9:00 AM **Stretch & Strength Intervals** w/ Hector R. (Studio A)
 9:00 AM **Yoga Nidra** w/ Alicia H. (Studio C)
 9:00 AM **Dumbbell & Bands** w/ Collin B. (Studio F)
 10:00 AM **Pop Shimmy** w/ Melissa H. (Studio A)
 10:00 AM **Musical Theater** w/ Cynthia W. (Studio C)
 11:00 AM **Open Belly Dance** w/ Melissa H. (Studio A)
 11:00 AM **Popping Basics** w/ Sunny A. (Studio C)
 11:00 AM **Jazz Basics** w/ Kim P. (Studio B)
 12:00 PM **Zumba** w/ Kim P. (Studio A)
 12:00 PM **Hip Hop Drills** w/ Sunny A. (Studio C)
 12:00 PM **Jazz Technique** w/ Laurie C. (Studio B)
 1:00PM **Adv. Tap** w/ Laurie C. (Studio C)

As we continue to build out the new studio we will be adding new classes. We have plenty of room to grow.

Pricing:

Drop-In Class: \$15.00 (one year expiration).

Life Moves Membership: \$95.00 a month.

Unlimited classes.

15% off BreakOut merch, workshops and shows.

Work Trade Program: Work our front desk or clean for free classes at BreakOut. Email jaime.fagg@breakoutstudios for more info.

Important info:

Rentals: BreakOut has 5 great studios to rent. Variety of sizes and amenities. Please email breakoutstudios.tucson@gmail.com

Photo and Video: Dancers may take photos or videos within the last 5 mins of class if the teacher allows. BreakOut staff may take social media content photo/video at any point during a class.

BreakOut classes are for movers ages 16+

Arrive 10 mins before each class to sign in for class. Clients 10 minutes or more late will not be permitted into class.

BreakOut does not have a dress code, however, we do recommend active wear and form fitting clothing for technique classes.

BreakOut sells water, sports drink and snacks. You are welcome to bring your own water.

BreakOut is a beautifully diverse community. We expect that all movers treat each other with respect.