

SCHEDULE

5811 E. Speedway Blvd, Reddington Plaza, enter through back parking lot.

MONDAY

8:30AM Stretch & Strength w/ Brooke
9:30AM Ballet Basics w/ Charlie
10:30AM Int. Ballet w/ Charlie
5:30PM TRX Skills w/ Hector
6:30PM Open Modern w/ Tammy
7:30PM Hip Hop Basics w/ Kahlil
8:30PM Open Hip Hop w/ Kahlil

TUESDAY

9:00AM Ballet Basics w/ Krissy
10:00AM Adv Ballet w/ Krissy
5:30PM BootyBelly WorkOut w/ Melissa
6:30PM Dance Cardio w/ Todd
7:30PM Open Contemporary w/ Samatha

WEDNESDAY

9:00AM Yoga Stretch w/ Alicia
10:00AM Yoga Flow w/ Alicia
5:30PM Int. Ballet Barre w/ Laurie
6:30PM Adv Jazz w/ Todd

THURSDAY

9:00AM Ballet Basics w/ Taylor J.
10:00AM Int. Ballet w/ Taylor J.
12:00PM Intro to Ballet w/ Taylor J.
5:15PM Buti Mvmnt w/ Megan
6:30PM Groove Cardio w/ Todd
7:30PM Heels Choreo w/ Yvette
8:30PM Slow & Sexy w/ DeShanna

FRIDAY

5:30PM Tap Basics w/ Ari
6:30PM Open Tap w/ Ari
7:30PM Int. Hip Hop w/ Christian

SATURDAY

9:00AM Adv Ballet w/ Taylor C.
10:30AM Pop Jazz w/ Todd
11:30AM Dance Cardio w/ Todd
12:30PM Open Modern w/ Cynthia

SUNDAY

9:00AM TRX Intervals w/ Hector
10:00AM Pop Shimmy w/ Melissa
11:00AM Open Belly Dance w/ Melissa
12:00PM Jazz Basics w/ Laurie
1:00PM Intermediate Jazz w/ Laurie
2:00PM Musical Theater w/ Cynthia

PRICING:

Drop-In Class: \$12.00

(Expires one month after purchase)

Life Moves Membership: \$89.00

Unlimited classes and amazing perks. Autobills once a month. Ask for for more info! All sales are final.

***Schedule is subject to change. Please check social media for daily schedule posts and updates.

Important Info...

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**, sport drink and snacks. You are welcome to bring your water.

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

For further info visit our website or email us at **breakoutstudios tucson@gmail.com**

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