

# 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**

Life Moves...  
Move With It!

# breakoutstudios.online

**BREAKOUT STUDIOS**  
LIFE MOVES • MOVE WITH IT

