

SCHEDULE

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

MONDAY

5:30PM Hip Hop Cardio w/ Kyla
6:30PM Open Modern w/ Tammy
7:30PM Tap Basics w/ Ari
8:30PM Open Tap w/ Ari

TUESDAY

9:00AM Ballet Basics w/ Taylor
10:00AM Adv Ballet w/ Taylor
5:30PM BootyBelly WorkOut w/ Rachel
6:30PM Dance Cardio w/ Todd
7:30PM Femme w/ Carter
8:30PM Heels Choreo w/ Carter

WEDNESDAY

9:00AM Yoga Stretch w/ Alicia
10:00AM Yoga Flow w/ Alicia
6:00PM Int/ Adv Ballet w/ Taylor J.
7:30PM 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.
5:30PM Hip Hop Basics w/ Justin
6:30PM Groove Cardio w/ Todd
7:30PM Heels Choreo w/ Yvette
8:30PM Slow & Sexy w/ DeShanna

FRIDAY

Closed for online class filming,
content creation and rentals.

SATURDAY

8:00AM Strength for Stability w/ Kyla
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 & Stretch w/ Rachel
10:00AM TRX BootCamp w/ Rachel
11:00AM Open Belly Dance w/ Melissa
12:00PM Jazz Basics w/ Laurie
1:00PM Intermediate Jazz w/ Laurie

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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