



HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES
LOUISE RASTU, DIRECTOR • ALIFETIMEOFDANCE.COM • LOUISE.TRHMTAP@GMAIL.COM • 631.680.4271

ADULT DANCE CLASS SCHEDULE

September 2022-June 2023

Zoom and Classroom Platforms

Classes Subject to Change (min. enrollment required)

MONDAY

10-11AM Dance Workout (Class and Zoom)

11:15-12:15PM Beginner Adult Tap (0-1 yr exp)

TUESDAY

9:30-12:30PM The Red Hot Mamas (Audition Only)

6:45-7:45PM Beginner /Int Tap (1-2 yrs exp)

6:45-7:45PM Beginner Adult Tap (0-1 yr exp)

8:00-9:00PM Dance Workout (Class and Zoom)

WEDNESDAY

9-10:45AM Step Sistas (Audition Only)

11-12:15PM Int Tap (5 yrs exp)

7:45-8:45PM Fast Tap (Min 6 yrs exp) (Class and Zoom)

THURSDAY

9:15-10:15AM Beg/IntTap (2-3 yrs exp)

10:15-11AM Silver Steppers (Audition Only)

11:00-12:15PM Int Tap (5 years exp)

FRIDAY

9:30-10:30AM Slow Int Tap (3 yrs exp)

11:00-12:15PM Ballet/Stretch (Class and Zoom)

All classes are \$20 pay as you go! 10 class card \$170 exp 4 mons. from purchase