

February

Dallas Preston Center
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	4 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	5 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	6 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	7	8 YOGALATES 9:00-10:00 AM
9	10 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	11 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	12 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	13 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	14	15 YOGALATES 9:00-10:00 AM
16	17 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	18 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	19 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	20 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	21	22 YOGALATES 9:00-10:00 AM
23	24 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	25 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	26 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	27 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	28	

March

Dallas Preston Center
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 YOGALATES 9:00-10:00 AM
2	3 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	4 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	5 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	6 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	7	8 YOGALATES 9:00-10:00 AM
9	10 Spring Break	11	12	13	14	15
16	17 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	18 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	19 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	20 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	21	22 YOGALATES 9:00-10:00 AM
23	24 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	25 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	26 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	27 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	28	29 YOGALATES 9:00-10:00 AM
30	31 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM					

April

Dallas Preston Center 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	2 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	3 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	4	5 YOGALATES 9:00-10:00 AM
6	7 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	8 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	9 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	10 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	11	12 YOGALATES 9:00-10:00 AM
13	14 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	15 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	16 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	17 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	18	19 Easter Break
20	21 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	22 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	23 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	24 Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	25	26 YOGALATES 9:00-10:00 AM
27	28 Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	29 Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	30 Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM			

May

Dallas Preston Center 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
		Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	1	2	YOGALATES 9:00-10:00 AM	3			
4	Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	5	Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	6	Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	7	Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	8	9	YOGALATES 9:00-10:00 AM	10
11	Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	12	Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	13	Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	14	Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	15	16	YOGALATES 9:00-10:00 AM	17
18	Mat Pilates 3:30-4:15 PM Absolute Beginning Ballet 6:00-7:00 PM Open Level Jazz/Lyrical 6:45-7:45 PM	19	Beginning-Intermediate Ballet 9:30-10:45AM 5:45-7:00 PM Strength & Stretch 10:45-11:30 AM	20	Mat Pilates 4:00-4:45 PM Open Level Tap 5:45-6:45 PM	21	Open Int-Adv Ballet 9:30-10:45 AM Ballet Conditioning 10:45-11:30 AM Beginning Ballet 6:00-7:15 PM	22	23	YOGALATES 9:00-10:00 AM	24
25		26		27		28		29	30		31