

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
★ HIP HOP ★ JAZZ ★ K-POP ★ MUSICAL THEATRE ★					
	JAZZ DANCE FOR MUSICAL THEATRE (Ages 8+) 4:45 - 5:45 PT JZ-T				
CONTINUING JAZZ (T/A) 5:45 - 6:45 PT CJZ-M		K-POP (ages 8-12) 5:15 - 6:15 IW KP-W			
★ MODERN/CONTEMPORARY ★ INTRO TO DANCE ★ IMPROV ★ SECOND WIND ★					
			INT. SECOND WIND ★ (free for adults 65+) 9:00 - 10:00 PT I2W-R		SECOND WIND ★ (free for adults 65+) 9:00 - 10:00 PT 2W-S
PRE-CONTEMPORARY/BALLET (Ages 5+) 3:45 - 4:30 PT PRECB-M	SECOND WIND CHAIR (free for adults 65+) 10:00 - 11:00 PT 2WC-T		CONTINUING SECOND WIND ★ (free for adults 65+) 10:00 - 11:00 PT C2W-R		INTRO TO DANCE (ages 4+) 11:30 - 12:15 BK I2D-S
CONTEMPORARY 2-3 (Y) 4:30 - 5:45 PT C23-M focus: turns & level changes		CONTEMPORARY 1-2 (Y) 4:45 - 5:45 PT C1-W	CONTEMPORARY 2-3 (Y) 4:15 - 5:30 PT C23-R focus: leaps & jumps		DANCE IMPROV 12:30 - 1:30 PT IMP-S
	CONTEMPORARY 2-3-4 (T/A) 5:45 - 7:00 PT C234-T	CONTEMPORARY 1-2 (T/A) 5:45 - 6:45 PT C12-W	APP CO REHEARSAL (By audition only) 5:30 - 6:30 PT APCO-R		What's Dance Improv? Learn the art of creating concert dance without prior rehearsal for advanced technical training.
CONTEMPORARY 3-4-5 (T/A) 6:45 - 8:00 PT C345-M		CONTEMPORARY 3-4-5 (T/A) 6:45 - 8:00 PT C345-W	THIRD STAGE REHEARSAL (By audition only) 6:30 - 7:30 PT TS-R		PTDT REHEARSAL (By audition only) 1:30 - 3:30 PT PTDT-S
★ BELLY DANCE ★ CARDIO ★ DANCE FOR PD ★ ZENTANGLE ★ THEATRE ★					
	CARDIO DANCE 9:00 - 10:00 PT CD-T	PILATES 10:00 - 11:00 GK PIL-W			INTRO TO THEATRE AND IMPROV (Ages 6-10) 10:30 - 11:30 MK THTR-S
	DANCE FOR PARKINSON'S 2:00 - 3:00 Jan. 6 - Mar. 10 Contact us for info		ZENTANGLE ® ★ 7:00 - 8:00pm AB ZEN-R		
TRIBAL FUSION BELLY DANCE (T/A) 7:15 - 8:15 RH BD-M	PILATES 6:15 - 7:15 GK PIL-T	IMPROV TEAM SYNC BELLY DANCE (T/A) 7:00 - 8:00 RH BD-W	⬆ Zentangle Info: A single intro class is available for \$30 to try the class before registering (This includes materials). This class may be taken on Zoom.		
★ BALLET ★					
					PRE-BALLET C/D 10:00 - 10:45 PT PBCD-S
PRE-CONTEMPORARY/BALLET (Ages 5+) 3:45 - 4:30 PT PRECB-M	PRE-BALLET C/D (ages 7+) 4:00 - 4:45 PT PBCD-T	BALLET LEVEL 1 3:45 - 4:45 PT B1-W			TEEN/ADULT BALLET 10:15 - 11:15 HS BTA-S
					PRE-BALLET A/B 10:45 - 11:30 PT PBAB-S
					BALLET LEVEL 3-4-5 11:15 - 12:30 HS B345-S
BALLET LEVEL 3-4-5 5:30 - 6:45 KH B345-M	BALLET LEVEL 2 4:45 - 5:45 BK B2-T	BALLET LEVEL 3-4-5 (Mandatory for Pointe) 5:30 - 6:45 TH B345-W	BALLET LEVEL 3-4-5 5:45 - 7:00 TH B345-R		BALLET LEVEL 1 (Y) 11:30 - 12:30 PT B1-S
TEEN/ADULT BALLET 6:45 - 7:45 KH BTA-M	TEEN/ADULT BALLET 6:00 - 7:00 BK BTA-T	POINTE 6:45 - 7:30 TH PNT-W	LBC REHEARSAL (By audition only) 7:00 - 7:45 TH LBC-R		BALLET LEVEL 2 12:15 - 1:15 BK B2-S

This is our schedule as of December 5, 2025. Please note that changes do occur. Please contact us for up-to-date info.

Contact us for more info, to register for classes, or to set up a trial or make-up class: 530.756.3949 / office@trokanski.com

Wearing a face-mask is now optional, but we have a ZERO TOLERANCE ILLNESS POLICY:

Please do not come to the DW if you have any symptoms of illness, including coughing/sneezing, stuffy/runny nose, fever

We are no longer offering a Zoom option (except for 2nd Wind, Dance for Parkinson's, & Zentangle)

Please note that students must arrive on time for their class (which means 5-10 minutes early to accommodate checking-in and changing shoes, etc.).

Students up to 10 minutes late get one warning. The next time, they will not be permitted into class.

Students taking single, trial, or make-up classes must schedule their classes with the office at least 3 hours before the start time of the class they wish to attend (this includes students using a Dance Card, make-ups, or paying for a single class).

★ These classes require a (tuition) commitment for the session

★★ These classes are double booked and whichever gets the most sign ups will run

★★★ These classes will begin when we have 3-4 students (contact us to get on the list)