

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
★ HIP HOP ★ JAZZ ★ K-POP ★ TAP ★					
	TAP (Ages 7+) 4:45 - 5:45 SD Tap-T		TAP (T/A) 4:30 - 5:30 SD Tap-R		
		CONTINUING K-POP (8-13) 4:45 - 5:45 IW KP-W			HIP HOP (Ages 8+) 10:30 - 11:30 JA HH-S
CONTINUING JAZZ (T/A) 5:45 - 6:45 PT CJZ-M	K-POP 6:00 - 7:00 RC KP-T	K-POP 5:45 - 6:45 IW KP-W			
★ MODERN/CONTEMPORARY ★ INTRO TO DANCE ★ IMPROV ★ SECOND WIND ★					
	SECOND WIND CHAIR ★ (free for adults 65+) 10:00 - 11:00 Zoom option PT 2W-T-		INT. SECOND WIND ★ (free for adults 65+) 9:00 - 10:00 PT I2W-R		CONT SECOND WIND ★ (free for adults 65+) 9:00 - 10:00 PT C2W-R
PRE-CONTEMPORARY BALLET A/B 3:45 - 4:30 ★★★ PT PRECB.AB-M	INTRO TO DANCE (ages 3+) 4:00 - 4:45 BK I2D-T		CONT SECOND WIND ★ (free for adults 65+) 10:00 - 11:00 Zoom option PT C2W-R		PRE-CONTEMPORARY BALLET 10:00 - 10:45 PT PRECB-S
CONTEMPORARY 2-3 (Y) 4:30 - 5:45 PT C23-M focus: turns & level changes	PRE-CONTEMPORARY BALLET C/D (ages 7+) 4:00 - 4:45 PT PRECB.CD-T	CONTEMPORARY 1-2 (Y) 4:45 - 5:45 PT C12-W	CONTEMPORARY 2-3 (Y) 4:15 - 5:30 PT C23-R focus: leaps & jumps		DANCE IMPROV 11:45 - 12:45 PT IMP-S
	CONTEMPORARY 2-3-4 (T/A) 4:45 - 6:00 PT C234-T	CONTEMPORARY 1-2 (T/A) 5:45 - 6:45 PT C12-W	APP CO CLASS (By audition only) 5:30 - 6:30 PT APPCO-R		What's Dance Improv? Learn the art of creating concert dance without prior rehearsal for advanced technical training.
CONTEMPORARY 4-5 6:45 - 8:00 PT C345-M	ABSOLUTE BEG. DANCE (T/A) (Ballet/Contemporary) 6:00 - 7:00 ★ PT AbBeg-T	CONTEMPORARY 3-4-5 (T/A) 6:45 - 8:00 PT C345-W	THIRD STAGE CLASS (By audition only) 6:30 - 7:30 PT 3S-R		PTDIT REHEARSAL (By audition only) 1:00 - 2:30
★ BELLY DANCE ★ CARDIO ★ DANCE FOR PD ★ PILATES ★ ZENTANGLE ★					
	CARDIO DANCE 9:00 - 10:00am PT CD-T	PILATES 10:00 - 11:00am GK PIL-W			
	DANCE FOR PARKINSON'S 2:00 - 3:00 (Sept. 9 - Nov. 11) Contact us for info		PILATES 5:45 - 6:45 pm GK PIL-R		
TRIBAL FUSION BELLY DANCE (T/A) 7:15 - 8:15 RH BD-M		IMPROV TEAM SYNC BELLY DANCE (T/A) 7:00 - 8:00 RH BD-W	ZENTANGLE ® ★ 7:00 - 8:00pm AB ZEN-R Zoom option	← Zentangle Info: A single intro class is available for \$30 to try the class before registering (Includes materials) ★ This class may be taken on Zoom	
★ BALLET ★					
PRE-CONTEMPORARY BALLET A/B 3:45 - 4:30 ★ ★ ★ PT PRECB.AB-M	PRE-CONTEMPORARY/BALLET C/D (ages 7+) 4:00 - 4:45 PT PRECB.CD-T	BALLET LEVEL 1 3:45 - 4:45 PT B1-W			TEEN/ADULT BALLET 9:30 - 10:30 KH BTA-S
					PRE-CONTEMPORARY/BALLET 10:00 - 10:45 PT PRECB-S
	BALLET LEVEL 2 4:45 - 5:45 BK B2-T				CONDITIONING CLASS 10:30 - 11:15 KH Cond-S
BALLET LEVEL 3-4-5 5:45 - 7:00 KH B345-M	ABSOLUTE BEG. DANCE (T/A) (Ballet/Contemporary) 6:00 - 7:00 ★ PT AbBeg-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 B2-R		BALLET LEVEL 1 10:45 - 11:45 PT B1-S
TEEN/ADULT BALLET 7:00 - 8:00 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 2-3 ★★ ★ 11:15 - 12:30 KH B345-S

This is our schedule as of September 23, 2026. 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 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.

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 will run when we have three or more student enrolled.