

# HXL Schedule

New classes added for our Lansing community. HXL is excited to offer Tae Kwon Do (including a free class), classes in partnership with Market Moves (come experience the benefits), dance, acro and yoga classes! Visit [www.happendance.org](http://www.happendance.org) or call Colleen at 517.333.3528 for more information.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:15 pm	10:30 - 11:30 am	6:00 - 7:00 pm	5:45 - 6:45 pm	12:30 - 1:30 pm	8:30 - 9:30 am
Ages 10+ Hip Hop*	Ageless Dancing Teacher: Diane	Tae Kwon Do** Teacher: Mr West <i>-Free Class</i>	Yoga Teacher: Lacey <i>-Market Moves</i>	Ageless Dancing Teacher: Patty	Adult Tap Teacher: Griffen <i>-Market Moves</i>
6:15 - 7:00 pm	5:30 - 6:00 pm	7:00 - 8:00 pm	7:00 - 7:45 pm	5:00 - 5:45 pm	11:00 - 12:00 pm
Ages 10+ Musical Theatre*	Ages 3-4 Dance Teacher: Missy	Tae Kwon Do** Teacher: Mr West	Adult Beginner Salsa with Paul	Ages 5-7 Tumble/Jazz*	Tae Kwon Do Teacher: Mr West
7:00 - 7:45 pm	6:10 - 6:50 pm		7:45 - 8:30 pm	5:45 - 6:30 pm	12:00 pm - ???
Contemporary Partnering* (10+)	Ages 5-7 Dance Teacher: Missy		Adult Beginner Swing with Paul	Ages 10+ Beginner Acro*	Team Rehearsal* <i>-as needed</i>
	7:00 - 8:30 pm		8:30 - 9:30 pm	6:30 - 7:15 pm	
	Team Technique* <i>-with approval</i>		Swing Performance Troupe with Paul	Ages 10+ Beginner Lyrical*	
				7:15 - 8:00 pm	
				Age 10+ Beginner Jazz*	

\*presented by NERVE

\*\*presented by Victory MA

**Classes located at 1607 E. Kalamazoo, Lansing**

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