



updated 7/29/22

QDynamics Dance Company

QDynamics Dance Company is HealthQuest's Elite, competitive dance training program for dancers who want to take their dancing to the next level. Our dancers train intensely year round and compete regionally as well as nationally.

Level 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30pm (4) Modern/Contemporary Miss Alex	5:30-6:30pm (4) Ballet Miss Alex	4:30-5:30pm (4) Acrodance Miss Marialana			10:00-11:00am (4) Ballet Miss Maryann
5:30-6:30pm (2) Tap Miss Annette					11:00-12:00 (5) Jazz Miss Alex
					12:00-2:00pm Rehearsal

Level 2/3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-7:00pm (4) Ballet Miss Maryann	4:30-5:30pm (5) Jumps and turns Miss Alex	4:30-5:30pm (5) Contemporary Miss Sammie	4:30-6:00pm (4) Ballet Miss Maryann		1:00-4:00pm Rehearsal
7:00-8:00pm (4) Modern Miss Alex	5:30-6:30 (2) Tap Miss Annette	5:30-6:30pm (2) Acrodance Miss Marialana	6:00-7:00pm (5) Jazz Miss Alex		
			7:00-8:00pm (5) PBT Miss Alex		

Level 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:30pm (5) Jumps and turns Miss Cici	5:30-7:00pm (4) Ballet Miss Maryann	4:30-5:30pm (2) Tap Miss Annette	7:00-8:00pm (5) PBT Miss Alex		11:00-1:00pm (4) Ballet Christina
7:30-8:30pm (5) Jazz Miss Cici	7:00-8:30pm (4) Modern Miss Alex	5:30-7:00pm (5) Contemporary Miss Sammie			1:00-4:00pm Rehearsal
		7:00-8:00pm (5) Acrodance Miss Marialana			