

2023/2024



updated 7/19/23

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 1/2

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

Level 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30pm (2) Tap Miss Annette		4:30-5:30pm (5) Jumps and turns Miss Marialana	4:30-5:30pm (5) Modern Miss Cici	4:00-7:30pm (4) Rehearsals Miss Sammie	11:30-1:00pm (4) Ballet Christina
5:30-6:45pm (4) Ballet Miss Alex		5:30-6:45pm (4) Ballet Miss Maryann	5:30-6:30pm (5) Acrodance Miss Cici		1:00-4:00pm Rehearsal 4,5,pulse
6:45-7:45pm (5) Contemporary/Jazz Miss Cici					

Level 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30pm (4) Contemporary Miss Alex	4:30-5:30pm (2) Tap Miss Annette	5:30-6:30pm (5) Jumps and turns Miss Marialana	4:30-5:30pm (4) Modern Miss Alex	4:00-7:30pm (4) Rehearsals Miss Sammie	11:30-1:00pm (4) Ballet Christina
7:30-8:30pm (4) Jazz Miss Cici	5:30-7:00pm (4) Ballet Maryann	6:30-8:30pm (5) rehearsal Miss Marialana	5:30-6:30pm (3) rehearsal Miss Alex		1:00-4:00pm Rehearsal 4,5,pulse
	7:00-8:30pm (4) rehearsal Miss Alex		6:30-8:30pm (4) rehearsal Miss Alex/Cici		