



September 2026- June 2027 Weekly Adult Dance Program

At STU Arts Dance, we believe everyone deserves a positive dance experience. Our classes are designed to help adults (ages 18+) build confidence, discover the joy of movement, and grow at their own pace in a welcoming, supportive community.

Whether you're stepping into a dance studio for the very first time, returning after years away, or looking to continue your training, you'll find a class that's right for you.

Our program ranges from absolute beginner to intermediate and includes Ballet, Contemporary, Hip Hop, Commercial Jazz, Dancehall, Heels, Girly, Dance Pop, and more. Every class is taught in English by experienced professional instructors who are passionate about making dance accessible, challenging, and fun.

Because it's never too late to dance.

***Monday 19h00-20h00 Everyone Can Dance Hip Hop**

Level: Absolute Beginner **Language:** English

Dance Experience: No previous dance experience required.

Hip Hop is an energetic and expressive dance style rooted in rhythm, groove, and individuality. This class introduces the foundations of hip hop in a fun and approachable way. Each class includes a warm-up, basic grooves, movement exercises, and easy-to-follow choreography. You'll build confidence, coordination, musicality, and fitness while connecting with others in a supportive environment.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.

***Monday 20h00-21h00 Everyone Can Dance Girly**

Level: Beginner **Language:** English

Dance Experience: Recommended for dancers with approximately 1-2 years of overall dance experience.

Girly blends commercial dance, jazz, hip hop, and performance styles into expressive choreography that celebrates confidence and femininity. Each class begins with a warm-up before progressing into choreography focused on performance quality, musicality, and



expression. You'll develop confidence, stage presence, coordination, and performance skills while dancing in an encouraging community.

- Beginner classes are for those who have taken a few classes before and have had at least 1 or 2 years of regular dance training . These dancers have a decent understanding of their body and body coordination and are working on their connection to music.

***Tuesday 19h00-20h00 - Everyone Can Heels Dance**

Level: Beginner **Language:** English

Dance Experience: Recommended for dancers with approximately 1-2 years of overall dance experience.

Heels Dance combines jazz, commercial, and street dance influences while emphasizing confidence, posture, musicality, and technique. Classes begin with a warm-up and technique exercises before progressing into choreography designed to improve balance, movement quality, and performance. You'll strengthen your technique, build confidence, and develop artistry while learning to dance safely in heels.

Heels are required for this class.

We recommend **Joheela**, a brand that offers quality dance shoes for everyone, combining comfort and style. Choose your favorite style, and customize it with their wide range of heels.

Get 15% off by using code : STUArtsDanceHeels.

- Beginner classes are for those who have taken a few classes before and have had at least 1 or 2 years of regular dance training . These dancers have a decent understanding of their body and body coordination and are working on their connection to music.

***Tuesday 19h00-20h00 - Intermediate Girly**

Level: Intermediate **Language:** English

Dance Experience: Recommended for dancers with 3–4 years of overall dance experience.

Designed for dancers ready for greater technical and choreographic challenges, this class builds upon the foundations of Girly dance while introducing more complex movement and



performance concepts. Each class includes a warm-up and faster-paced choreography. You'll improve precision, musicality, confidence, performance quality, and artistic expression.

- Intermediate classes are for those who have at least 3-4 years of regular dance training and have a good understanding of how to move their bodies in complex ways and patterns and are able to connect with the music.

***Thursday 18h00-19h00 Everyone Can Dance Like...Dance Pop Class**

Level: Absolute Beginner **Language:** English

Dance Experience: No previous dance experience required.

Dance Pop is a themed choreography class inspired by iconic artists and generations—from Taylor Swift and Beyoncé to Michael Jackson, Rihanna, and 80s pop. Each class includes a warm-up, movement exercises, and choreography inspired by the featured artist or theme. You'll build confidence, coordination, musicality, and performance skills while dancing to music you love.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.

***Thursday 19h00-20h00 Everyone Can Dance Hip Hop Groove**

Level: Beginner **Language:** English

Dance Experience: Recommended for dancers with approximately 1-2 years of overall dance experience.

Hip Hop Groove focuses on rhythm, bounce, musicality, and learning to truly feel the music through movement. Classes begin with a warm-up before exploring grooves, and choreography that emphasizes flow and connection to the music. You'll improve coordination, musicality, confidence, and groove while developing a deeper understanding of hip hop movement.

- Beginner classes are for those who have taken a few classes before and have had at least 1 or 2 years of regular dance training . These dancers have a decent understanding of their body and body coordination and are working on their connection to music.



***Friday 17h30-18h30 Everyone Can Heels Dance**

Level: Absolute Beginner **Language:** English

Dance Experience: No previous dance experience required.

New to dancing in heels? This class is designed specifically for beginners who want to learn safely while building confidence. Each class includes a warm-up, foundational heels technique, balance exercises, and absolute beginner-friendly choreography. You'll develop posture, strength, confidence, coordination, and performance skills in a welcoming environment.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.

Heels are required for this class.

We recommend Joheela, a brand that offers quality dance shoes for everyone, combining comfort and style. Choose your favorite style, and customize it with their wide range of heels.

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***Friday 18h30-19h30 Everyone Can Dance Dancehall**

Level: Beginner (English) **Language:** English

Dance Experience: Recommended for dancers with approximately 1-2 years of overall dance experience.

Dancehall is a vibrant dance style rooted in Jamaican culture, celebrated for its powerful grooves, expressive movement, and infectious rhythms. Classes begin with a warm-up before exploring foundational Dancehall technique, signature grooves, and choreography. You'll build confidence, coordination, musicality, stamina, and discover the vibrant energy of Dancehall culture.

- Beginner classes are for those who have taken a few classes before and have had at least 1 or 2 years of regular dance training . These dancers have a decent understanding of their body and body coordination and are working on their connection to music.

***Saturday 10h00-11h00 Everyone Can Dance Ballet**



Level: Beginner (English) **Language:** English

Dance Experience: Recommended for dancers with approximately 1–2 years of overall dance experience.

Ballet is a classical dance form that develops strength, posture, alignment, flexibility, and graceful movement. Classes begin with barre exercises before progressing to centre work and movement combinations. You'll improve technique, balance, body awareness, flexibility, and artistic expression.

- Beginner classes are for those who have taken a few classes before and have had at least 1 or 2 years of regular dance training . These dancers have a decent understanding of their body and body coordination and are working on their connection to music.

***Saturday 11h00- 12h00 Everyone Can Dance Contemporary Dance**

Level: Absolute Beginner(English) **Language:** English

Dance Experience: No previous dance experience required.

Contemporary Dance blends elements of ballet, modern, jazz, lyrical, and hip hop into a versatile and expressive movement style. Classes include a warm-up, floor work, across-the-floor exercises, and choreography that encourages creativity and personal expression. You'll improve coordination, creativity, confidence, musicality, and overall movement quality.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.

***Sunday 10h00- 11h00 Everyone Can Dance Ballet**

Level: Absolute Beginner (English) **Language:** English

Dance Experience: No previous dance experience required.

Discover the foundations of classical ballet in a welcoming environment designed specifically for adults beginning their ballet journey. Classes begin at the barre before moving into centre exercises and simple movement combinations. You'll develop posture, balance, flexibility, coordination, and confidence while learning the fundamentals of ballet.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.



***Sunday 11h00-12h00 Everyone Can Dance Commercial Jazz**

Level: Absolute Beginner **Language:** English

Dance Experience: No previous dance experience required.

Commercial Jazz combines jazz technique with the energy and performance quality seen in concerts, music videos, and live entertainment. Each class begins with a warm-up and technique exercises before learning dynamic choreography inspired by today's commercial dance industry. You'll improve technique, performance quality, musicality, coordination, and confidence while developing your own unique style.

- Absolute beginner classes are for those who have little to no dance experience (less than a year) and/or have difficulty with rhythm, coordination and memory.