



Class Schedule 2026 (Richmond)

<u>Grade 2 Classes (4-6 years old)</u> Sunday 1:30-2:30pm Sunday 2:30-3:30pm	<u>2级班 (4-6岁)</u> 周日 1:30-2:30pm 周日 2:30-3:30pm
<u>Grade 3 Classes (6-8 years old)</u> Tuesday 4:00-5:00pm Grade 3/4 Performance: Thursday 5:30-7:00pm	<u>3级班 (6-8岁)</u> 周二 4:00-5:00pm 3/4级 表演班: 周四 5:30-7:00pm
<u>Grade 4 Classes (7-9 years old)</u> Tuesday 6:00-7:30pm	<u>4级班 (7-9岁)</u> 周二 6:00-7:30pm
<u>Grade 6 Classes (8-10 years old)</u> Thursday 4:00-5:30pm Grade 6/7 Performance: Saturday 3:30-5:00pm	<u>6级班 (8-10岁)</u> 周四 4:00-5:30pm 6/7级 表演班: 周六 3:30-5:00pm
<u>Grade 7 Classes (9-10 years old)</u> Tuesday 5:00-7:00pm Grade 6/7 Performance: Saturday 3:30-5:00pm	<u>7级班 (9-10岁)</u> 周二 5:00-7:00pm 6/7级 表演班: 周六 3:30-5:00pm
<u>Grade 9 Classes (10-11 years old)</u> Saturday 11:45-1:15pm Grade 9 Performance: Thursday 5:30-7:30pm	<u>9级班 (10-11岁)</u> 周六 11:45-1:15pm 9级 表演班: 周四 5:30-7:30pm
<u>Grade 10 Classes (11-13 years old)</u> Saturday 10:10-12:10pm Grade 10 Performance: Tuesday 4:00-6:00pm	<u>10级班 (11-13岁)</u> 周六 10:10-12:10pm 10级 表演班: 周二 4:00-6:00pm
<u>Grade 11 Classes (12-14 years old)</u> Sunday 3:10-5:10pm	<u>11级班 (12-14岁)</u> 周日 3:10-5:10pm
<u>Grade 12 Classes (13-15 years old)</u>	<u>12级班 (13-15岁)</u>

<p>Sunday 4:40-6:40pm</p> <p>Grade 11/12 Performance: Thursday 4:00-6:00pm</p>	<p>周日 4:40-6:40pm</p> <p>11/12级 表演班: 周四 4:00-6:00pm</p>
<p><u>Grade 13 Classes (15-17 years old)</u></p> <p>Saturday 3:30-6:30pm Sunday 1:30-3:30pm</p>	<p><u>13级班 (15-17岁)</u></p> <p>周六 3:30-6:30pm 周日 1:30-3:30pm</p>
<p><u>Youth Beginner Class</u></p> <p>Friday 4:10-6:10pm Sunday 6:00-8:00pm</p>	<p><u>青少年初级班</u></p> <p>周五 4:10-6:10pm 周日 6:00-8:00pm</p>
<p><u>Advanced Performance Classes (16-30+)</u></p> <p>Saturday 1:30-3:30pm Sunday 10:10am-12:40pm</p>	<p><u>高级表演班 (16-30+)</u></p> <p>周六 1:30-3:30pm 周日 10:10am-12:40pm</p>
<p><u>Adult Classes</u></p> <p>Follow Me Dance: Tuesday - Sunday 9:00-10:00am Monday - Friday 1:00-2:00pm Monday, Wednesday 7:00-8:00pm</p> <p>Adult Body Training: Wednesday 10:10-11:10am</p> <p>Adult Shen Yun: Friday 10:10-11:10am</p> <p>“Xunli” Classical Chinese Dance Training: Friday 11:10-12:40pm (Advanced Level) Friday 2:10-3:40pm (Foundational Level) Friday 6:30-8:00pm (Advanced Level)</p> <p>Adult Performance Class: Tuesday 10:10am-12:40pm</p>	<p><u>成人班</u></p> <p>Follow Me Dance: 周二至周日 9:00-10:00am 周一至周五 1:00-2:00pm 周一, 周三 7:00-8:00pm</p> <p>形体: 周三 10:10-11:10am</p> <p>身韵: 周五 10:10-11:10am</p> <p>身韵巡礼: 周五 11:10-12:40pm (高级教材) 周五 2:10-3:40pm (基础教材) 周五 6:30-8:00pm (高级教材)</p> <p>成人表演班: 周二 10:10am-12:40pm</p>