POUND IT / WEEKLY CLASSES

2026/2027

Pound It Hip Hop Studios
Both studios share each time row. 'Continues' means a class is already in progress.

- Crew Class
- 2-3 Years
- 4-5 Years
- 6-9 Years
- 10-15 Years
- PIBA (Adults)
- Open Classes

Monday

Time	Notorious BIG	Black & Yellow
5:00 PM to 5:15 PM	No class scheduled	**The Broskies** 5:00-6:00 PM Crew Class | Nathan
5:15 PM to 6:00 PM	**Lil Cuz Crew** 5:15-6:00 PM Crew Class | Rico	**The Broskies** Continues until 6:00 PM
6:00 PM to 6:45 PM	**Breaking (6-9)** 6:00-6:45 PM 6-9 Years | Dizzylock	**La Familia Jr. Competitive Crew** 6:00-7:00 PM Crew Class | Rico
6:45 PM to 7:00 PM	No class scheduled	**La Familia Jr. Competitive Crew** Continues until 7:00 PM
7:00 PM to 7:45 PM	**RDCB - Choreography** 7:00-8:00 PM Crew Class | Dizzylock	**Lite Feet (10-15)** 7:00-7:45 PM 10-15 Years | Rico
7:45 PM to 8:00 PM	**RDCB - Choreography** Continues until 8:00 PM	No class scheduled
8:00 PM to 8:45 PM	**Open Locking** 8:00-8:45 PM Open Classes | Dizzylock	No class scheduled
8:45 PM to 9:30 PM	**Open Waacking** 8:45-9:30 PM Open Classes | Dizzylock	No class scheduled

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Tuesday

Time	Notorious BIG	Black & Yellow
4:30 PM to 5:00 PM	No class scheduled	**Bambinos** 4:30-5:00 PM 2-3 Years | Rico
5:00 PM to 5:15 PM	No class scheduled	**Chicken Noodle Soup Crew** 5:00-5:30 PM 4-5 Years | Charlee
5:15 PM to 5:30 PM	**Hip Hop (10-15)** 5:15-6:00 PM 10-15 Years | Rico	**Chicken Noodle Soup Crew** Continues until 5:30 PM
5:30 PM to 6:00 PM	**Hip Hop (10-15)** Continues until 6:00 PM	**Hip Hop (6-9)** 5:30-6:15 PM 6-9 Years | Nathan
6:00 PM to 6:15 PM	**La Familia Competitive Crew** 6:00-7:00 PM Crew Class | Dizzylock	**Hip Hop (6-9)** Continues until 6:15 PM
6:15 PM to 7:00 PM	**La Familia Competitive Crew** Continues until 7:00 PM	No class scheduled
7:00 PM to 7:45 PM	**PIBA - Pound It Beginner Adults** 7:00-7:45 PM PIBA (Adults) | Rico	**Popping (10-15)** 7:00-7:45 PM 10-15 Years | Dizzylock
7:45 PM to 8:30 PM	**Open Hip Hop** 7:45-8:30 PM Open Classes | Dizzylock	No class scheduled
8:30 PM to 9:15 PM	**AK42s Competitive Adult Crew** 8:30-9:30 PM Crew Class | Rico	**Open Breaking** 8:30-9:15 PM Open Classes | Dizzylock
9:15 PM to 9:30 PM	**AK42s Competitive Adult Crew** Continues until 9:30 PM	No class scheduled

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Wednesday

Time	Notorious BIG	Black & Yellow
4:30 PM to 5:00 PM	No class scheduled	**Hip Hop** 4:30-5:00 PM 4-5 Years | Charlee
5:00 PM to 5:15 PM	No class scheduled	No class scheduled
5:15 PM to 6:00 PM	**Chicos Crew** 5:15-6:00 PM Crew Class | Nathan	**RDCB - Power and Strength Training** 5:15-6:00 PM Crew Class | Rico
6:00 PM to 6:45 PM	**Choreography** 6:00-7:15 PM Choreography | Allen	**La Bandita Competitive Crew** 6:00-6:45 PM Crew Class | Rico
6:45 PM to 7:00 PM	**Choreography** Continues until 7:15 PM	No class scheduled
7:00 PM to 7:15 PM	**Choreography** Continues until 7:15 PM	**Riverside Bounce Rec Crew** 7:00-7:45 PM Crew Class | Cody
7:15 PM to 7:45 PM	**Open Atlanta Styles** 7:15-8:00 PM Open Classes | Allen	**Riverside Bounce Rec Crew** Continues until 7:45 PM
7:45 PM to 8:00 PM	**Open Atlanta Styles** Continues until 8:00 PM	No class scheduled
8:00 PM to 8:15 PM	No class scheduled	**Open Jersey Club** 8:00-8:45 PM Open Classes | Cody
8:15 PM to 8:45 PM	**LULU 100s Adult Rec Crew** 8:15-9:00 PM Crew Class | Rico	**Open Jersey Club** Continues until 8:45 PM
8:45 PM to 9:00 PM	**LULU 100s Adult Rec Crew** Continues until 9:00 PM	No class scheduled

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Thursday

Time	Notorious BIG	Black & Yellow
4:30 PM to 5:15 PM	**Hip Hop (6-9)** 4:30-5:15 PM 6-9 Years | Nathan	**Open Styles** 4:30-5:15 PM Open Classes | Dizzylock
5:15 PM to 6:00 PM	**Supergirlz Competitive Crew** 5:15-6:15 PM Crew Class | Rico	**Open House** 5:15-6:00 PM Open Classes | Dizzylock
6:00 PM to 6:15 PM	**Supergirlz Competitive Crew** Continues until 6:15 PM	**PIBA - Pound It Beginner Adults** 6:00-6:45 PM PIBA (Adults) | Dizzylock
6:15 PM to 6:45 PM	**Boss Mega Crew Adv.** 6:15-7:15 PM Crew Class | Rico / Dizzylock / Breton / Genie	**PIBA - Pound It Beginner Adults** Continues until 6:45 PM
6:45 PM to 7:15 PM	**Boss Mega Crew Adv.** Continues until 7:15 PM	No class scheduled
7:15 PM to 8:15 PM	**Battle Training** 7:15-8:15 PM Crew Class | Rico	No class scheduled
8:15 PM to 9:15 PM	**Revolution Competitive Crew** 8:15-9:15 PM Crew Class | Rico / Dizzylock / Allen	No class scheduled

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Friday

Time	Notorious BIG	Black & Yellow
5:15 PM to 7:00 PM	**Choreography Cleaning** 5:15-7:00 PM Choreography	No class scheduled