

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

POUND IT / WEEKLY CLASSES

2026/2027

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

POUND IT / WEEKLY CLASSES

2026/2027

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	PIBA - Pound It Beginner Adults 8:00-8:45 PM PIBA (Adults) Cody
8:15 PM to 8:45 PM	LULU 100s Adult Rec Crew 8:15-9:00 PM Crew Class Rico	PIBA - Pound It Beginner Adults 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

POUND IT / WEEKLY CLASSES

2026/2027

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

POUND IT / WEEKLY CLASSES

2026/2027

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