



Social Media Content Calendar

Date/Time	Platform	Format	Theme/Purpose	Visual Description	Caption	Original/Curated /Booked/Ad
9/1/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Ent	Countdown until fall entertaining/Info classes begin	Photo of students dancing in class, big "6" in the middle of the photo	In 6 more days we will be back in the studio! Registration is still open! Click the link in our bio to register! #tampadance #dancestudiosintampa #dancer	Original
9/2/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Ent	Countdown until fall entertaining/Info classes begin	Photo of students dancing in class, big "5" in the middle of the photo	Only 5 more days until fall classes begin! We can't wait to have our students back in the studio! Registration is still open! Click the link in our bio to sign up! #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	Original
9/3/21 @ 2:30pm	Facebook and Instagram	Post-Engaging/Ent	Countdown until fall entertaining/Info classes begin	Video of students dancing in the studio	We can't wait for our students to be back loving what they do! Only 4 more days until fall classes begin! Call the studio today to sign up! 813-253-5472 #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	Original
9/4/21 @ 11:00am	Facebook and Instagram	Sponsored/Promotion-Engaging/Ent	About Ms. Lisa's Dance	Team Competition Picture with Comp Teachers and Ms. Lisa	Ms. Lisa's Dance is a competitive and recreational dance studio that is still enrolling students! Offering many styles of dance including tap, jazz, ballet, contemporary, acrobatics, tiny tumblers and more! Ages 10mos-Adult are welcome to sign up! Call 813-253-5472 or register online at mlsasdancestudio.com #tampadance #dancestudiosintampa #dancer	Original
9/5/21 @ 1:30pm	Facebook and Instagram	Story-Engaging/Ent	Countdown until fall entertaining/Info classes begin	A big number 2 and wording in MLD colors (pink and black)	Fall classes are only 2 days away! Register for your class spot today! #tampadance #dancestudiosintampa #dancer	Original
9/6/21 @ 12:30pm	Facebook and Instagram	Post-Engaging/Ent	Labor day and classes start tomorrow	Meme of excited dancer	Us when we realize that classes start tomorrow!! Happy Labor Day everyone! The studio is open today! Come on in and register. #tampadance #dancestudiosintampa #dancer	Curated
9/7/21 @ 1:30pm	Facebook and Instagram	Post-Engaging/Ent	Welcome Back Dancers!	Welcome back in big writing	Welcome Back Dancers!! We are so excited that you are here! Share your first day of dance moments with us and tag @mlsasdancestudio :) #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	original
9/8/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Ent	Back to work/ Work it Wednesdays	Comp kids working hard in technique class	We are back in the studio and getting ready for the upcoming competition season! Auditions for our elite competitive team are still open! Accepting all ages. Visit mlsasdancestudio.com :) #tampadance #tampadanceclasses #dancestudio #ballet #dancestudiosintampa	original
9/9/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Ent	Technique Thursday	Older kids from competition	Our senior elite team performing at one of our regional competitions from last year! Call 813-253-5472 to reserve your class spot today :) #tampadance #dancestudiosintampa #dancer	original
9/10/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Ent	Dancer of the week	Picture of winning dancer	Our first dancer of the week for the 21-22 season is Dylan! She is a part of our senior elite competitive team and has impressed all of us this week with her hard work. #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/11/21 @ 11:30am	Facebook and Instagram	Sponsored/Promotion-Engaging/Ent	Ms. Twinkle Toes Promotion	Picture of Ms. Twinkle Toes	Did you know that the same Ms. Twinkle Toes your child dances with in class is available for purchase? Includes Ms. Twinkle Toes herself, a CD with 8 class songs, and more! Limited amount available! Stop in and purchase today. #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	original
9/12/21 @ 11:00am	Facebook and Instagram	Story-Engaging/Ent	Sunday Motivation	quote from online	Some Sunday motivation for you all! We hope everyone is having a great weekend. #tampadance #dancestudiosintampa #dancer	Curated
9/13/21 @ 4:30pm	Facebook and Instagram	Post-Informative	Teacher Highlight	Picture of Ms. Emily	Teacher Highlight of the month! Ms. Emily has been a part of Ms. Lisa's Dance for 5 years and teaches our junior and senior elite competitive teams! When we asked her why she loves being a part of Ms. Lisa's Dance, she res! This month's teacher highlight is Ms. Emily! She has been a part of Ms. Lisa's Dance for 5 years and teaches our junior and senior elite competitive teams! When we asked her why she loves being a part of Ms. Lisa's Dance, she responded with "I love the passion and dedication that the students at Ms. Lisa's have! It is truly something special." We love you Ms. Emily! #tampadance #dancestudiosintampa #dancer #teachersdancetoo	original
9/14/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Ent	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
9/15/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Ent	Work It Wednesday	Little dancer doing heel stretch	Sapphire Team member Harper working hard for #workitwednesday! We love our mini! Click the link in our bio to register for classes! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
9/16/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Ent	Technique Thursday	Senior dancer turning video	Our dancers were on fire in technique class tonight! #tampadance #dancestudiosintampa #dancer	original
9/17/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Ent	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Katie! Katie is a part of our junior elite team and has stepped it up this week in her classes! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/18/21 @ 12:30pm	Facebook and Instagram	Sponsored/Promotion-Engaging/Ent	Master class promotion	Picture of master class instructor	CALLING ALL TAMPA DANCERS!! *MASTER CLASS ALERT* We are so excited to welcome Olivia Schmeideke to the studio October 16th! This is an opportunity you do not want to miss! Ages 10 and up 1:00-2:30 \$25 per dancer! Click the link in our bio to register or call 813-253-5472! #tampadance #tampamasterclass #dancestudiosintampa #dancer #guestchoreographer #tampa	original
9/19/21 @ 2:30pm	Instagram	Reel-Entertaining	Dance trend	Video of two students doing a dance to renegade	Happy Sunday! Check out our students new moves! We want to see yours too! Record yourself doing this dance, but have fun and make it your own! Don't forget to tag @mlsasdancestudio :) #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa #tiktok #reels #renegadedance	original
9/20/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Ent	student story takeover	pictures of what dancers do in a day	Our senior elite team member, Serena, is here to take over our instagram for a day! Check back throughout the day to see what she is up to! Remember registration is currently open for the fall season :) Call 813-253-5472 today :) #tampadance #dancestudiosintampa #dancer	original
9/21/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Ent	Tumble Tuesday- tumbling pass from competition	dancer tumbling at competition	Happy Tumble Tuesday Everyone! Throwback to last year's Starpower competition! #aerial #tumbling #tampadance #tampaacrobatics	original
9/22/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Ent	Work It Wednesday	junior dancer leaping	Diamond team member Milania reaching for the stars on #workitwednesday! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
9/23/21 @ 6:30pm	Facebook and Instagram	Story-Entertaining	Technique Thursday	world of dance TV show partnering tricks	Some motivation for this weeks #techniquethursday! #worldofdance #tampadance #commercialdance #jo #derekhough #wodseason5 #rolemodels #hardwork #talent	Curated
9/24/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Ent	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Julia Walker! Julia is a part of our mini elite competitive team. Great job Julia! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/25/21 @ 12:30pm	Facebook and Instagram	Post-Engaging/Ent	contest	Dancer doing jump outside	Contest challenge alert!!! Hey Dancers!! We hope you are enjoying the sunshine! Post yourself dancing outside enjoying the day and tag @mlsasdancestudio for a chance to win \$25 off of October tuition! Winner will be announced Sunday night at 7pm! We can't wait to see what our dancers come up with! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/26/21 @ 1:00pm	Facebook and Instagram	Story	contest	don't forget!	Don't forget to submit your dance challenge photos! Stay tuned for our winners tonight :) #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/26/21 @ 7:00pm	Facebook and Instagram	Post-Engaging/Ent	contest	Milania winning contest	Our first dance contest winner of the 2021-2022 season is Milania Capol! Great job, Milania! Stay tuned for our dance next challenge :) #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
9/27/21 @ 12:30pm	Facebook and Instagram	Sponsored/Promotion-Engaging/Ent	boost post from 9/4	Team Competition Picture with Comp Teachers and Ms. Lisa	Ms. Lisa's Dance is a competitive and recreational dance studio that is still enrolling students! Offering many styles of dance including tap, jazz, ballet, contemporary, acrobatics, tiny tumblers and more! Ages 10mos-Adult are welcome to sign up! Call 813-253-5472 or register online at mlsasdancestudio.com #tampadance #dancestudiosintampa #dancer	Original
9/28/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Ent	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
9/29/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Ent	Work It Wednesday	Senior team stretching-oversplits	Some serious stretching happening in the studio tonight! Click the link in our bio to register for classes! #workitwednesday #techniquematters #flexibility #tampadance #dancestudiosintampa	original
9/30/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Ent	Technique Thursday	tiny tot ballet class	Our little dancers working on their technique for #techniquethursday! How cute are these little ones! We love our baby classes :) #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	original



Social Media Content Calendar

Date/Time	Platform	Format	Theme/Purpose	Visual Description	Caption	Original/Curated/Boosted /Ad
10/1/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Dancer of the week	Picture of winning dancer	Our first dancer of the week for November is Clara Burkhardt! Clara is a senior at Ms. Lisa's Dance and is an amazing role model for all of our dancers! Click the link in our bio to reserve your spot today! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/2/21 @ 12:30pm	Facebook and Instagram	Promotion/Sponsored-Informative	master class boost	Picture of master class instructor	CALLING ALL TAMPA DANCERS!! *MASTER CLASS ALERT* We are so excited to welcome Olivia Schmedeie to the studio October 16th! This is an opportunity you do not want to miss! Ages 10 and up 1:00-2:30 \$25 per dancer! Click the link in our bio to register or call 813-253-5472! #tampadance #tampamasterclass #dancestudiosintampa #dancer #guestchoreographer #tampa	original
10/3/21 @ 1:30pm	Instagram	Reel-Entertaining	Dance trend	Video of two famous dancers choosing which style of dance they like best	Happy Sunday! Watch these familiar dancers choose their favorite styles of dance! We want to know yours too! Post your dance preference videos and tag @mslisadancetampa :) #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa #tiktok #reels	curated
10/4/21 @ 4:30pm	Facebook and Instagram	Post-Informative	teacher Highlight	Ms Morgan highlight	Ms. Morgan has been a teacher at Ms. Lisa's Dance for 4 years and has loved every second of it! Outside of teaching, Morgan coaches the University of Tampa Spartan Scarlet's dance team! She loves motivating her students and helping them achieve their goals! We are so thankful for you Ms. Morgan! #tampadance #dancestudiosintampa #dancer	Original
10/5/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
10/6/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Work It Wednesday	Niveuh doing leg extension in her solo at comp	Niveuh killing her solo onstage at Platinum Dance Competition! Call the studio at 813-253-5472 to register for classes! #tampadance #tampadanceclasses #dancestudio #workwednesday	original
10/7/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Technique Thursday	Older kids in comp ballet class	Our junior elite team working hard in ballet class with Ms. Ashley! Call 813-253-5472 to register for classes today :) #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
10/8/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Dancer of the week	Picture of winning dancer	This weeks dancer of the week is Avery Walker! Avery has impressed all of us this week with her hard work and dedication. Great job Avery! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/9/21 @ 12:30pm	Facebook and Instagram	Promotion/Sponsored-Informative	master class boost	Picture of master class instructor	CALLING ALL TAMPA DANCERS!! *MASTER CLASS ALERT* We are so excited to welcome Olivia Schmedeie to the studio October 16th! This is an opportunity you do not want to miss! Ages 10 and up 1:00-2:30 \$25 per dancer! Click the link in our bio to register or call 813-253-5472! #tampadance #tampamasterclass #dancestudiosintampa #dancer #guestchoreographer #tampa	original
10/10/21 @ 1:30pm	Facebook and Instagram	Post-Engaging/Entertaining	contest	Dancer doing jump outside	Contest challenge alert!!! Hey Dancers!! We hope you are having a long great weekend! This contest is for our mini dancers! Anyone 10 and under can post your best dance photo or video and tag @mslisadancetampa for a chance to win \$25 off of November tuition! Winner will be announced Monday night at 1pm! We can't wait to see what our minis come up with! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/11/21 @ 1:00pm	Facebook and Instagram	Post-Engaging/Entertaining	contest announcement	Reagan winning contest	Happy Columbus Day everyone! Our mini contest winner of our dance challenge is Reagan! Great job, Reagan!! Thanks to everyone that submitted! Keep an eye out for more challenges coming soon :) #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/12/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Tumble Tuesday	famous dancer tumbling	Some Tumble Tuesday motivation! #aerial #tumbling #tampadance #tampaacrobatics	curated
10/13/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Work It Wednesday	senior dancer doing turns at competition	Yes, Allie!! (twister emoji) Registration is still open for this season! Click the link in our bio to register! #workitwednesday #tampadance #dancestudiosintampa #dancer	original
10/14/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Technique Thursday	junior ballet class	Our junior dancers working hard in ballet class! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer #ballet #techniquematters	original
10/15/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Ava! Ava is in our mommy and me tumbling class and Ava got her forward roll this week! Congrats Ava! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer #mommyandme #tinytumblers #babydance	original
10/16/21 @ 11:30am	Facebook and Instagram	Post-Engaging/Entertaining	Master class today	Picture of Olivia in class	Today is the day! Our dancers are learning and growing so much from Ms. Olivia! #tampamasterclass #dancestudiosintampa #dancer #guestchoreographer #tampa	original
10/17/21 @ 2:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Sunday dance motivation	video of Autumn Miller dancing	Some Sunday inspiration for our dancers! Hope everyone is enjoying their weekend. #tampadance #dancestudiosintampa #dancer	curated
10/18/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Entertaining	student story takeover	pictures of what dancers do in a day	Our senior elite team member, Jalene, is here to take over our Instagram for a day and show you what life is like as a competition member at Ms. Lisa's Dance! #tampadance #dancestudiosintampa #dancer	original
10/19/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
10/20/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Work It Wednesday	mini hip hop	Kylie killing it in her hip hop class today with Mr. Jesse! #workitwednesday! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
10/21/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Technique Thursday	mini tap	This weeks #techniquethursday is our tappers working on their tap technique! Call 813-253-5472 to sign up for tap today! #tap #tampadance #commercialtapdance #hardwork #talent	original
10/22/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Hannah! Hannah is on our senior elite competitive team and has been a great role model for our younger dancers. #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/23/21 @ 1:30pm	Facebook and Instagram	Post-Engaging/Entertaining/Info	Wear your costume	halloween costumes last year at the dance studio	Happy Saturday Dancers! Don't forget its wear your costume to dance week! We are so excited to see our dancers in their halloween costumes! #tampadance #dancestudiosintampa #dancer #halloween	original
10/24/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Entertaining	dance trick	video of a dancer tumbling on the beach	One of our dancers Lani tumbling on the beach! Happy Sunday Dancers! We are still accepting registration! Click the link in our bio to register today :) #tampadance #dancestudiosintampa #dancer	original
10/25/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining/Info	costumes	Dancers in costumes	How cute are our dancers in their Halloween costumes? We're having so much fun in the studio during this Halloween week! Don't forget to wear your costumes and tag @mslisadancetampa! #tampadance #tampa #dancestudiosintampa #halloweenweek #costumes	original
10/26/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
10/27/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Work It Wednesday	Junior team kick	Yes ladies! #workitwednesday #techniquematters #flexibility #tampadance #dancestudiosintampa	original
10/28/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	technique Thursday	Ms. Olivia dancing	#TechniqueThursday brought to you by Ms. Olivia #teachersdancetoo #tampadance #dancestudiosintampa #dancer	original
10/29/21 @ 4:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Eva! Eva is one of our Acrobats and has been working super hard this week. #tampadance #dancestudiosintampa #tampa #dancer #tampadancer #acrobatics #acrobatistatampa	original
10/30/21 @ 12:30pm	Facebook and Instagram	Post-Engaging/Entertaining/Info	contest	Dancer stretching outside	Contest challenge alert!!! Hey Dancers!! We hope you are enjoying your weekend! This contest is for our junior and seniors dancers! Anyone 10 and over can post yourself stretching outside and tag @mslisadancetampa for a chance to win \$25 off of November tuition! Winner will be announced Tuesday night at 7pm! We can't wait to see what you come up with! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
10/31/21 @ 2:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Halloween	Halloween movie picture	Happy Halloween Dancers! Have fun and stay safe! #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa #halloween	curated



Social Media Content Calendar

Date/Time	Platform	Format	Theme/Purpose	Visual Description	Caption	Original/Curated /Booted/Ad
11/1/21 @ 4:30pm	Facebook and Instagram	Post-Informative	Teacher Highlight	Picture of Ms. Micheala	Teacher Highlight of the month! Ms. Micheala has been a part of Ms. Lisa's Dance for 7 years and teaches our junior and senior elite competitive teams! A fun fact about her is that she is a Tampa Bay Buccaneers Cheerleader! We love you Ms. Michaela! #tampadance #dancestudiosintampa #dancer	original
11/2/21 @ 6:30pm	Facebook and Instagram	Post-Informative/Engaging	Tumble Tuesday	dancer tumbling	This weeks tumble Tuesday is also our contest winner! Congratulations Alex! #aerial #tumbling #tampadance #tampaacrobatics	original
11/3/21 @ 6:30pm	Facebook and Instagram	Post-Entertaining/Engaging	Work It Wednesday	Julia and harper duet partnering trick	Julia and Harper working on their duo for #workitwednesday! We love our minis! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
11/4/21 @ 4:30pm	Facebook and Instagram	Story-Entertaining	Technique Thursday	senior dancer jumping	Our senior dancers were on fire in technique class tonight! Call 813-253-5472 to register today :) #tampadance #dancestudiosintampa #dancer	original
11/5/21 @ 4:30pm	Facebook and Instagram	Story-Informative/Engaging	Dancer of the week	Picture of winning dancer	Our dancer of the week this week is Brock Hudson! He is working super hard in hip hop and loving every minute of it Click the link in our bio to sign up for boys hip hop and tumbling! #boysdancetoo #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/6/21 @ 12:30pm	Facebook and Instagram	Promotion/Sponsor red-Engaging/Informative	Ms. Twinkle Toes Promotion	Picture of ms. Twinkle toes	Ms. Twinkle Toes is our original teddy bear that was designed by Ms. Lisa herself! The dancers love dancing with her in class and they are also available for purchase! This includes Ms. Twinkle Toes herself, a CD with 8 class songs, and more! Limited amount available! Stop in and purchase today. #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	original
11/7/21 @ 1:30pm	Instagram	Reel-Entertaining	Dance trend	Video of two students doing a tik tok/reels dance	Happy Sunday! Check out our students doing a dance they learned on reels! We want to see yours too! Record yourself doing this dance, but have fun and make it your own! Don't forget to tag @mslissadancetampa :) #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa #tiktok #reels	original
11/9/21 @ 4:30pm	Facebook and Instagram	Story-Entertaining/Engaging	student story takeover	pictures of what dancers do in a day	Our junior elite team member, Izzy, is here to take over our instagram for a day! Check back throughout the day to see what she is up to! #tampadance #dancestudiosintampa #dancer	original
11/9/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
11/10/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Work It Wednesday	Junior dancer turning	Sapphire Team member Mary working hard for #workitwednesday! We love our juniors! Call 813-253-5472 to reserve your spot today! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
11/11/21 @ 4:30pm	Facebook and Instagram	Story-Entertaining	Technique Thursday	minis in ballet	Min's killing it in ballet right now! Click the link in our bio to reserve your spot today :) #techniquethursday #tampadance #dancestudiosintampa #dancer	original
11/12/21 @ 5:30pm	Facebook and Instagram	Story-Informative/Engaging	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week, Kate Johnson! Kate is a part of our recreational team and has stepped it up this week in her classes! Great job Kate! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/13/21 @ 12:30pm	Facebook and Instagram	Promotion/Sponsor red-Informative	Holiday show	Holiday picture	We are so excited to announce the date of our annual holiday show! This year our Holiday show will be on December 4th at Jefferson High School! We are ready to start working on our dances and celebrate the holiday season! #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	original
11/14/21 @ 2:30pm	Facebook and Instagram	Story-Entertaining	Benefits of dance	Curated post about benefits that can come from dancing	There are so many amazing benefits that can come from dancing! It starts with one class and leads you down an amazing road! Call the studio to register today :) 813-253-5472 :) #tampadance #dancestudiosintampa #dancer	curated
11/15/21 @ 3:30pm	Facebook and Instagram	Story-Engaging	Monday motivation	quote	Monday Motivation! Let's have a great week in the studio dancers! #tampadance #dancestudiosintampa #dancer	curated
11/16/21 @ 4:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
11/17/21 @ 4:30pm	Facebook and Instagram	Story-Entertaining/Engaging	Work It Wednesday	mini dancer kicking at competition	Legs for days! We miss being on stage! #workitwednesday! Visit our website mslissadancetampa.com to sign up for classes! #tampadance #tampadanceclasses #dancestudio #dancestudiosintampa	original
11/18/21 @ 6:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Technique Thursday	hip hop tech	We love our hip hop teacher Mr. Jessie! Our juniors learning some hip hop technique for this weeks #techniquethursday! #hiphopdance #tampadance #commercialdance #rolemodels #hardwork #talent	original
11/19/21 @ 4:30pm	Facebook and Instagram	Story-Engaging	Dancer of the week	Picture of winning dancer	Congratulations to this weeks dancer of the week. Great job Justina! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/20/21 @ 1:30pm	Facebook and Instagram	Promotion/Sponsor red-Informative	holiday show	Holiday picture	We are so excited to announce the date of our annual holiday show! This year our Holiday show will be on December 4th at Jefferson High School! We are ready to start working on our dances and celebrate the holiday season! #tampadance #tampadanceclasses #dancestudio #mommyandme #tinytumblers #dancestudiosintampa	curated
11/21/21 @ 1:30pm	Instagram	Reel-Entertaining	teaching a reels tutorial	student teaching a dance on reels	Want to learn this dance? Learn it from dancer Niveuh and tag @mslissadancetampa #tampadance #dancestudiosintampa #tampa #dancer #tampadancer #reels #tiktokdance #tiktok	original
11/22/21 @ 2:30pm	Facebook and Instagram	Post-Engaging/Entertaining/Informative	closed! Introduce Stretch challenge	dancer stretching on break	** Dance Challenge Alert!** During the holiday break, we will be having a stretch challenge! Dancers can enter once a day to win a \$25 giftcard! Post a picture of yourself stretching and tag @mslissadancetampa to be entered! Winner will be announced December 1st :) Get stretching dancers! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/23/21 @ 12:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original
11/24/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Entertaining	closed! Stretch challenge	dancer stretching on break	Dancer Tara participating in our stretch challenge! Winner will be announced December 1st! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/25/21 @ 3:30pm	Facebook and Instagram	Story-Engaging/Entertaining	closed! Stretch challenge	reminder of stretch challenge	Don't forget to submit your stretch challenge entries! Winner will be announced December 1st! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/25/21 @ 2:30pm	Facebook and Instagram	Post-Engaging/Entertaining	Happy Thanksgiving!	family picture	Happy Thanksgiving Everyone! We are so thankful for all of you! <3 #tampadance #dancestudiosintampa #dancer	original
11/26/21 @ 4:00pm	Facebook and Instagram	Story-Engaging/Entertaining	closed! Stretch challenge	dancer stretching on break	Dancer Milania participating in our stretch challenge! Winner will be announced December 1st! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/27/21 @ 12:30pm	Facebook and Instagram	Post-Engaging/Entertaining	closed! Stretch challenge	dancer stretching on break	Dancer Avery participating in our stretch challenge! Winner will be announced December 1st! #tampadance #dancestudiosintampa #tampa #dancer #tampadancer	original
11/28/21 @ 2:30pm	Facebook and Instagram	Post-Engaging/Entertaining	silly full picture	meme	Us when we realize we have to get back into the studio tomorrow! #tampadance #dancestudiosintampa #dancer	curated
11/29/21 @ 3:30pm	Facebook and Instagram	Story-Engaging	Monday motivation	quote	Monday Motivation! Let's have a great week in the studio dancers! #tampadance #dancestudiosintampa #dancer	curated
11/30/21 @ 6:30pm	Facebook and Instagram	Story-Engaging/Entertaining	Tumble Tuesday	dancer tumbling	Happy Tumble Tuesday Everyone! #aerial #tumbling #tampadance #tampaacrobatics	original