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MONDAY

FULL SEASON CLASSES

MUSICAL MIX: 3-5 years
Mini Ballet 3-5 years
NURSERY (Beginner): 4-5 years
PRIMARY (Novice): 6-7 years
Jr 1 (F1) 7+ years

COMPETITIVE PROGRAM :
JUNIOR 2/3: 8-11 years
INTER: 12-15 years
SENIOR: 15-18 years

POWER PROGRAM: FUNDAMENTALS
Fund. 2 8+ years
Fund. 3 9+ years
F 4 - 11 -- assessments required

ADULT: (Tap, Jazz, Ballet, Hip Hop, Modern, Contemp, Acro)
18+ years : Experience - Beginner to Advanced

TEEN PROGRAM: (Jazz, Acro, Lyrical & Contemp)
12 + - non performance classes - intro to dance

SESSIONAL CLASSES - PARENTED:

TUESDAY

10 - 1045
Intro to Dance
3 YRS

11 - 1145
Intro to Dance
4 - 5 YRS

100 - 200
DAYHOME
SESSIONAL
HIP HOP
(10 WEEKS)

WORKING 26 - 27 SCHEDULE

WEDNESDAY

9:30-10:45
Robinhood
Assoc.
[Rental]

11:00 - 11:45
Mom & Baby
Yoga

12:15 - 1:15
ADULT
Yoga

1:30 - 2:15
Playtime &
Storytime
[Ages 1 Yr & Up]

THURSDAY

11 - 1145
Intro to Dance
3 YRS

12 - 1245
Intro to Dance
4 & 5 YRS

FRIDAY

KEY TO CLASSES

BALLET	JAZZ / LYRICAL
CONTEMPORARY	TAP
MUSICAL THEATRE	HIP HOP
ACRO/POM/CHEER	AERIAL
ADULT	SESSIONAL
MINIS	TEEN
NO FESTIVALS / YEAR-END ONLY	NO FESTIVALS / YEAR-END ONLY

SATURDAY

GH	ST	AP	BF	MJ
9:15 - 9:45 Acro Play		9:30 - 10:15 Nursery Ballet	9:15 - 10:30 Competitive Program INTR to SR Stretch/Tech	9:15 - 10:15 Beginner Aerial Lvl. 1 & 2
10:00 - 10:30 Mini Ballet	10:15 - 11:15 Primary ACRO	10:30 - 11:15 Nursery Jazz/Tap	10:45 - 11:30 MENS Dance	10:30-11:30 ACRO B / C TECH Class
10:45 - 11:15 Acro Play	11:15 - 12:15 ACRO A CH & CHOR	11:15 - 12:00 Primary Ballet		11:30-12:30 ACRO B & C (CHOREO) CHOREO
11:30-12:00 Mini Ballet			12:15 - 1:00 Primary Jazz / Tap	12:30 - 1:30 POM 2 (Comp. 12+) TECH & CHOREO
12:15 - 1:00 7-8 Hip Hop	12:30 - 1:30 CHEER 1 COMP/Lvl.1	12:30-1:30 FUND 3 LYRICAL		13:00 - 1:30 INTR-ADV HOOP & TRAPEZE ASSMT. REQ.
1:00 - 1:45 4-6 Hip Hop	1:30 - 2:30 REC ACRO	1:30-3:00 Power Program (F5 -F11) Stretch & Tech	1:30-2:30 JR2/3 LYRICAL	230 - 330 BEG & INTR 10 + HAMMOCK - SILKS
1:45 - 2:45 13+ HIPHOP				230-330 INTR- ADV Silks
245-345 9 - 12 yr HIPHOP				330 - 500 AERIAL Competition Team

MONDAY

GH	ST	AP	BF	MJ
	4:15 - 4:45 ACRO PLAY			
5:00-6:00 POM 1 LVL 1	5:00 - 5:45 Primary Ballet	4:45 - 5:45 JR. 1 Ballet	4:45 - 6:00 Fund 7 Jazz / Lyr Tech	4:45 - 6:00 Fund 8-11 Jazz / Lyr Tech &
6:00-7:00 ADULT Acro/Aerial	6:00 - 6:45 Primary Jazz & Tap	6:00 - 7:00 JR. 1 Jazz	6:00 - 7:00 CHOREO F7 -11	6:00 - 7:00 CHOREO F7 - 11
7:00-7:45 ACRO CH	7:00-8:00 ADULT Nov. Tap	7:00 - 8:15 & CHOREO Ballet TECH	7:00 - 8:00 Inter 1 & 2 Ballet	7:00 - 7:45 F7-11 LINE
8:00 - 9:00 TEEN BEG ACRO [12+ Yrs]	8:00 - 9:00 Inter Comp. Jazz 1	8:15 - 9:30 & CHOREO Inter Comp Jazz	8:00 - 9:00 Inter Comp Jazz 2	8:00 - 9:00 CHEER 2 LVL 2
		(Grad / Accel)		

TUESDAY

GH	ST	AP	BF	MJ
		4:15 - 5:00 MINI MUSICAL THEATRE		
	4:30 - 5:00 ACRO PLAY	4:45 - 5:45 9+ YRS TAP INTRO	5:00 - 5:30 Mini Ballet	5:00 - 5:45 MUSICAL MIX
	5:45 - 6:45 Tap FUND 3 - 5	5:45 - 6:45 Tap FUND 6 - 7	6:00 - 7:00 ADULT Modern & Contemp	6:00 - 7:00 Tap Junior 1 - Fund 2
	6:45 - 7:45 Contemp	6:00 - 7:00 Inter Competitive Contemp	7:00 - 9:00 SR Comp. Jazz & Lyr.	7:00 - 9:00 ADULT Jazz & Lyr Level 2 (2 Choreo)
	7:00 - 8:00 STARTER SQUAD (Exp)	7:00 - 8:00 FUND 8 - 9 TAP	7:00 - 8:00 Inter Competitive Lyrical	7:00 - 8:00 THE SQUAD Hip Hop
	7:45 - 8:45 ADULT Jazz	8:45 - 9:45 ADULT ACCEL TAP (Grad / Alum)	9:00 - 10:00 ADULT Alumni/EXP Hip Ho	9:00 - 9:00 POWER SQUAD Hip Hop

WEDNESDAY

GH	ST	AP	BF	MJ
		4:15 - 5:00 MUSICAL MIX		
	4:45-5:45 Fund 2 Ballet	5:00-6:00 JR 2/3 Comp Ballet	4:45 - 6:00 Fund 4-5 Ballet	4:45 - 6:15 Fund 7 Contemp
5:00-5:45 8-11 Hip Hop JR CREW	5:45 - 6:45 Fund 3 Ballet	6:00 - 7:00 Fund 2 Jazz	6:00 - 7:30 Fund 9/10 Ballet	6:15-7:15 JR 2/3 Jazz (Comp.)
5:45-6:30 5-7 HipHop LIL CREW	6:30 - 7:30 12+ HIP HOP	6:45 - 7:45 ADULT Hip Hop Beg - Exp	7:00 - 8:30 Fund 7 Ballet	7:30 - 8:30 ADULT Hip Hop INTR. Tap
7:30 - 8:30 ADULT INTR. Tap	7:45-9:15 CREW TRAINING CLASS	8:30 - 9:30 ADULT ADV Tap	8:30 - 9:30 (TECH Class)	9:15-9:45 CREW CHOREO

THURSDAY

GH	ST	AP	BF	MJ
4:00-4:45 Musical Mix			4:30 - 6:00 Fund 11 Contemp	4:45 - 6:15 Fund 4-5 Jazz & Lyr.
5:15-6:30 SR COMP BALLET	5:00 - 5:45 Nursery Ballet	5:45 - 6:00 Fund 3 Ballet TECH	6:00 - 6:00 & CHOREO	6:00 - 7:30 Fund 7 Ballet
6:30-7:30 ADULT Beginner Ballet	6:00-6:45 NURSERY JAZZ & TAP	6:45 - 7:30 SR COMP CONTEMP	7:30 - 9:00 Fund 11 Ballet	7:30 - 8:15 Breakdance (Training) 8:15 - 9:00 Breakdance Choreo
7:30 - 9:00 Fund 11 Ballet	7:45 - 8:45 ADULT JAZZ LEVEL 1	7:30 - 9:00 (TECH Class)	7:30 - 9:00 (TECH Class)	9:00 - 9:45 Pointe (CHOREO)

FRIDAY

GH	ST	AP	BF	MJ
RENTAL SPACE 3 - 7pm				
	RENTAL SPACE	4:45 - 6:15 Fund 7 Ballet		
		6:15 - 7:45 Fund 9-11 Ballet	5:45-6:45 Adult Beg Hip Hop	
	6:30 - 7:30 Sherwood Karate Do [Rental]	TECH & CHOREO	Sessional	

Working 2026 - 2027 schedule

**CREW Choreo requires TRAINING class
Training Class can be taken without Choreo

**BREAK Choreo requires TRAINING class
Training Class can be taken without Choreo