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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

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

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**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 <b>Primary ACRO</b>	10:30 - 11:15 Nursery Jazz/Tap	10:45 - 11:30 <b>MENS</b> Dance	10:30-11:30 <b>ACRO B / C</b> TECH Class
10:45 - 11:15 Acro Play	11:15 - 12:15 <b>ACRO A</b> CH & CHOR	11:15 - 12:00 Primary Ballet		11:30-12:30 <b>ACRO B &amp; C</b> (CHOREO) <b>CHOREO</b>
11:30-12:00 Mini Ballet			12:15 - 1:00 Primary Jazz / Tap	12:30 - 1:30 <b>POM 2</b> (Comp. 12+) <b>TECH &amp; CHOREO</b>
12:15 - 1:00 7-8 Hip Hop	12:30 - 1:30 <b>CHEER 1</b> COMP/Lvl.1	12:30-1:30 FUND 3 LYRICAL		130 - 230 INTR- ADV <b>HOOP &amp; TRAPEZE</b>
1:00 - 1:45 4-6 Hip Hop	1:30 - 2:30 <b>REC</b> 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 <b>INTR- ADV</b> 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	4:45 - 5:45 5:00 - 5:45 MUSICAL MIX	4:45 - 5:45 Beg - Jr Mus Th (Novice)
	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 FUND 8 - 9 TAP	7:00 - 9:00 SR Comp. Jazz & Lyr.	7:00 - 9:00 ADULT Jazz & Lyr Level 2 (Experienced)	7:00 - 8:00 Inter Competitive Contemp
	7:45 - 8:45 FUND 10+ TAP	8:00 - 9:00 THE SQUAD	8:00 - 9:00 THE SQUAD	8:00 - 9:00 Inter Competitive Lyrical
	8:45 - 9:45 ADULT ACCEL TAP [Grad / Alum]	9:00 - 10:00 ADULT Alumni/EXP Hip Ho		9:00 - 10:00 POWER SQUAD Hip Hop

**WEDNESDAY**

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

**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.
	5:00 - 5:45 Nursery Ballet	4:45 - 6:00 Fund 3 Ballet TECH & CHOREO	6:00 - 7:30 Fund 7 Ballet	6:15 - 7:30 Fund 3 Jazz
	6:00-6:45 NURSERY JAZZ & TAP	6:00 - 6:45 7-8 Hip Hop	6:45 - 7:30 9-12 Hip Hop	
	6:30-7:30 ADULT Beginner Ballet	6:45 - 7:45 SR COMP CONTEMP	7:30 - 9:00 Fund 9/10 Ballet	7:30 - 8:15 Breakdance (Training) 8:15 - 9:00 Breakdance
	7:30 - 8:30 ADULT Hip Hop Beg - Exp	7:45 - 8:45 ADULT JAZZ LEVEL 1	7:30 - 9:00 Fund 11 Ballet	7:30 - 9:00 Fund 11 Ballet
	8:30 - 9:30 ADULT INTR. Tap	8:30 - 9:30 ADULT Advanced Ballet		9:00 - 9:45 Pointe (CHOREO)

**FRIDAY**

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

**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