



2025 Timetable

BEGINNERS

2-4 YEARS

MONDAY

9:00am - 9:45am
Introduction To Dance

FRIDAY

3:45pm - 4:30pm
Beginner Jazz & Acro

SATURDAY

8:30am - 9:00am
Funky Monkey Hip Hop

9:00am - 9:45am
Introduction To Dance



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2025 Timetable

PRIMARYS

5-6 YEARS



MONDAY

3:45pm - 4:30pm
Primary Acrobatics

4:30pm - 5:15pm
Primary Jazz



SATURDAY

8:30am - 9:15am
Primary Jazz

9:15am - 10:00am
Primary Ballet

9:45am - 10.45am
Primary Combo Cuties

10:00am - 10:45am
Primary Hip Hop

10:45am - 11:15am
Primary Tap

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2025 Timetable

JUNIORS
7-9 YEARS



MONDAY

3:45pm - 4:30pm
Acrobatics

4:30pm - 5:15pm
Grade 2 Ballet RAD

5:15pm - 6:00pm
Technique Development &
Conditioning

TUESDAY

3:45pm - 4:30pm
Grade 2 CSTD Jazz

4:30pm - 5:15pm
Acrobatics Level 2 or 3

4:30pm - 5:15pm
Grade 2 Ballet RAD

5:15pm - 6:00pm
Junior Contemporary/Lyrical

7:00pm - 7:45pm
Junior & Intermediate
Commercial Jazz

WEDNESDAY

3:45pm - 4:30pm
Junior Hip Hop

4:30pm - 5:15pm
Grade 1 RAD Ballet

4:30pm - 5:15pm
Junior & Intermediate
Musical Theatre

5:15pm - 6:00pm
Technique Development &
Conditioning

6:00pm - 6:45pm
Acrobatics Level 2

6:00pm - 6:45pm
Vocal Class

THURSDAY

3:45pm - 4:30pm
Grade 1 Jazz

4:30pm - 5:15pm
Grade 1 Ballet RAD

FRIDAY

3:45pm - 4:30pm
Junior/Intermediate
Ballet Technique

4:30pm - 5:15pm
Junior/Intermediate
Commercial Jazz

5:15pm - 6:00pm
Junior/Intermediate
Contemporary/Lyrical

6:00pm - 6:45pm
Junior/Intermediate
Tap



2025 Timetable

INTERMEDIATES

10-11 YEARS

MONDAY

3:45pm - 4:30pm
Grade 4 Ballet RAD

4:30pm - 5:15pm
Acrobatics - Level 3

5:15pm - 6:00pm
Technique Development &
Conditioning

7:30pm - 8:15pm
Grade 4 CSTD Jazz

TUESDAY

3:45pm - 4:30pm
Intermediate
Contemporary/Lyrical

4:30pm - 5:15pm
Acrobatics Level 2 or 3

5:15pm - 6:00pm
Grade 4 Ballet RAD

5:15pm - 6:00pm
Grade 3 CSTD Jazz

6:00pm - 6:45pm
Grade 3 Ballet RAD

7:00pm - 7:45pm
Junior & Intermediate
Commercial Jazz

WEDNESDAY

4:30pm - 5:15pm
Junior & Intermediate
Musical Theatre

5:15pm - 6:00pm
Acrobatics - Level 3

6:00pm - 6:45pm
Vocal Class

6:00pm - 6:45pm
Acrobatics - Level 2

7:00pm - 7:45pm
Intermediate Hip Hop

THURSDAY

5:15pm - 6:00pm
Grade 3 Ballet RAD

FRIDAY

3:45pm - 4:30pm
Junior/Intermediate
Ballet Technique

4:30pm - 5:15pm
Junior/Intermediate
Commercial Jazz

5:15pm - 6:00pm
Junior/Intermediate
Contemporary/Lyrical

6:00pm - 6:45pm
Junior/Intermediate
Tap

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2025 Timetable

PRE-TEEN

12-13 YEARS

MONDAY

4:30pm - 5:15pm
Acrobatics - Level 3

5:15pm - 6:00pm
Intermediate Foundation
Ballet RAD

5:15pm - 6:00pm
Grade 5 CSTD Jazz

6:00pm - 6:45pm
Grade 6 CSTD Jazz

6:45pm - 7:30pm
Pre - Teen Commercial
Jazz

7:30pm - 8:15pm
Pre - Teen Hip Hop

TUESDAY

3:45pm - 4:30pm
Intermediate Foundation
Ballet RAD

4:30pm - 5:15pm
Pre - Teen Contemporary/
Lyrical

6:00pm - 6:45pm
Pre - Teen & Senior
Technique Development
& Conditioning

6:45pm - 7:30pm
Acrobatics - Level 4

WEDNESDAY

4:30pm - 5:15pm
Intermediate Foundation
Ballet (Pointe)

5:15pm - 6:00pm
Acrobatics - Level 3

5:15pm - 6:00pm
Pre - Teen & Senior Tap

6:00pm - 6:45pm
Pre - Teen Senior
Showbiz
(Cabaret/Broadway)

6:45pm - 7:30pm
Grade 5 CSTD Tap

THURSDAY

3:45pm - 4:30pm
U12's Hip Hop Elite Crew

4:30pm - 5:15pm
Senior Hip Hop Elite Crew

5:15pm - 6:00pm
Senior Hip Hop

6:00pm - 6:45pm
U10's Hip Hop Elite Crew

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2025 Timetable

SENIORS

14+ YEARS

MONDAY

6:00pm - 6:45pm
Intermediate Ballet RAD

6:45pm - 7:30pm
Intermediate Ballet Pointe
RAD

7:30pm - 8:15pm
Senior Commercial Jazz

8:15pm - 9:00pm
Senior Contemporary/Lyrical

TUESDAY

6:00pm-6:45pm
Pre Teen & Senior
Technique Development &
Conditioning

6:45pm - 7:30pm
Acrobatics - Level 4

6:45pm - 7:30pm
Advanced Foundation
Ballet RAD

WEDNESDAY

3:45pm - 4:30pm
Intermediate Ballet RAD

5:15pm - 6:00pm
Pre - Teen & Senior Tap

6:00pm - 6:45pm
Pre - Teen & Senior Showbiz
Cabaret/Broadway

6:45pm - 7:30pm
Grade 8 CSTD Jazz

7:30pm - 8:15pm
Grade 7 CSTD Jazz

7:30pm - 8:15pm
Advanced Foundation
Ballet RAD

THURSDAY

6:00pm - 6:45pm
Advanced Foundation
Pointe RAD

7:45pm - 8:30pm
Grade 9 CSTD Jazz