2026 Timetable

BEGINNERS 2-4 YEARS

SJ CHERUBS 2-3 YEARS (BORN 2023 / 2024)
SJ ANGELS 3-4 YEARS(BORN 2022 / 2021)
SJ STARS 3-4 YEARS(BORN 2022 / 2021)

MONDAY

9:00am - 9:30am
SJ Cherubs (Ballet, Jazz, Tap)

9:30am - 10:15am
SJ Angels (Ballet, Jazz, Tap)

10:15am - 10:45am
SJ Stars (Acro & Tumbling)

TUESDAY

9:30am - 10:15am
SJ Angels (Ballet, Jazz Tap)

WEDNESDAY

9:30am - 10:15am
SJ Angels (Ballet, Jazz, Tap)

THURSDAY

3:45pm - 4:30pm
SJ Stars & Angels
Combined Jazz and Acro

SATURDAY

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

9:00am - 9:30am
SJ Cherubs (Ballet, Jazz, Tap)

9:30am - 10:15am
SJ Angels
(Ballet, Jazz, Tap)



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2026 Timetable

PRIMARYS

5-6 YEARS

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
3:30pm - 4:00pm Primary / G1 Ballet 6-7 years	**3:45pm - 4:30pm** Primary Hip Hop	**3:30pm - 4:00pm** Under 6's Elite Tap / Primary CSTD Tap	**8:30am - 9:00am** Primary Jazz (5-6 Years)
4:00pm - 4:45pm Under 6's Elite Team **	**5:15pm - 6:00pm** Level 2 Acrobatics	**4:00pm - 4:30pm** Junior Modern CSTD Jazz (6-7 years)	**9:00am - 9:30am** Primary RAD Ballet (5-6 years)
4:45pm - 5:30pm Jazz Conditioning and Technique U6 / U8		**4:30pm - 5:00pm** Primary / G1 RAD Ballet 6-7 Years	**9:30am - 10:00am** Primary Acrobatics
		5:00pm - 5:30pm Primary & Junior Contemporary/Lyrical	**10:00am - 10:30am** Primary Tap
		5:30pm - 6:15pm Primary & Junior Musical Theatre/ Acting	

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SJ DANCE STUDIO

2026 Timetable

JUNIORS

7-9 YEARS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:45pm - 4:45pm Grade 2 CSTD Jazz	**3:00pm - 3:45pm** Junior/ Inter Ballet Extension ****Invite only**	**4:30pm - 5:15pm** Junior HipHop	**4:00pm - 4:30pm** Junior Modern CSTD Jazz (6-7 years)
3:45pm - 4:45pm Grade 3 RAD Ballet	**3:45pm - 4:45pm** Grade 2 RAD Ballet	**5:15pm - 6:00pm** Junior Commercial Jazz	**5:00pm - 5:30pm** Primary & Junior Contemporary/Lyrical
4:45pm - 5:45pm Grade 2 RAD Ballet	**4:45pm - 5:30pm** Jazz Conditioning & Technique (Primary / Junior)	**5:15pm - 6:00pm** Level 2 Acrobatics	**5:30pm - 6:15pm** Junior/Intermediate Ballroom & Latin Fusion
4:45pm - 5:45pm Grade 3 CSTD Jazz	**4:45pm - 5:45pm** Grade 3 RAD Ballet	**6:00pm - 6:45pm** Junior Contemporary/Lyrical	**5:30pm -6:15pm** Primary & Junior Musical Theatre/ Acting
5:45pm - 6:30pm Junior Technique Development and Conditioning	**5:45pm - 6:45pm** Under 8's Elite Team**		**6:15pm - 7:00pm** Grade 3/4/5 CSTD Tap
5:45pm - 6:45pm Acrobatics Level 1/2			

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2026 Timetable

INTERMEDIATES

10-12 YEARS

MONDAY

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

4:45pm - 5:45pm
Level 3 Acrobatics

5:45pm - 6:45pm
Grade 4 RAD Ballet

5:45pm - 6:45pm
Acrobatics Level 1/2

5:45pm - 6:30pm
Technique Development and Conditioning 8's/10's

6:45pm - 7:45pm
Intermediate Contemporary/Lyrical

TUESDAY

3:00pm - 3:45pm
Junior/ Inter Ballet Extension ** **Invite only**

3:45pm - 4:45pm
Under 10's Elite Team **

4:45pm- 5:45pm
Level 3/4 Acrobatics

5:45pm - 6:45pm
Grade 4 Ballet RAD

6:45pm - 7:45pm
Intermediate Hip Hop

WEDNESDAY

3:45pm - 4:30pm
Elite Pro - ****Invite Only**

4:30pm - 5:15pm
Jazz Tech and Conditioning (U12's)

5:15pm - 6:00pm
Under 12's Elite Team Jazz **

6:00pm - 6:45pm
Under 12's Elite Team Contemporary/ Lyrical **

6:45pm - 7:45pm
Intermediate Commercial Jazz

THURSDAY

4:30pm - 5:00pm
Intermediate Vocals

5:00pm - 5:30pm
Intermediate Musical Theatre

5:30pm - 6:15pm
Intermediate Ballroom and Latin Fusion

6:15pm - 7:00pm
Grade 3/4/5 CSTD Tap

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2026 Timetable

SENIORS

13+ YEARS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:45pm - 5:45pm Level 3 Acrobatics	**4:45pm - 5:45pm** Level 3/ 4 Acrobatics	**4:30pm - 5:15pm** Under 15's Contemporary/ Lyrical Elite Team	**4:00pm - 4:30pm** Intermediate Foundation RAD Pointe
6:30pm - 7:30pm Grade 7 CSTD Jazz	**5:45pm - 6:45pm** Senior Hip Hop	**6:00pm - 6:45pm** U15's /Open Jazz Tech & Conditioning	**4:30pm - 5:30pm** Snr Ballroom & Latin Fusion
6:45pm - 7:45pm Intermediate Foundation RAD Ballet	**6:45pm - 7:45pm** Grade 6 CSTD Jazz	**6:45pm - 7:30pm** Under 15's/ Opens Elite Team Jazz	**5:30pm - 6:30pm** Intermediate RAD Ballet
7:45pm - 8:45pm Senior Contemporary/ Lyrical	**6:45pm - 7:45pm** Intermediate RAD Ballet	**7:30pm - 8:30pm** Senior Commercial Jazz	**6:15pm - 7:00pm** Senior Commercial Heels
	7:45pm - 8:30pm Grade 8 CSTD Jazz	**7:45pm - 8:30pm** ADULTS Jazz Class	**6.30pm - 7:00pm** Intermediate RAD POINTE
	7:45pm - 8:45pm Inter-Found RAD Ballet		**7:00pm - 7:45pm** Senior Tap
	8:30pm - 9:15pm Grade 9 CSTD Jazz		**7:45pm - 8:30pm** Senior Showbiz

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