

SJ DANCE STUDIO - TERM 1 2025 *Subject to change

MONDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3
9:00-9:45am	Introduction to Dance (Ballet/Tap/Jazz) 2- 4 YEARS	3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME
3:45-4:30pm	Acrobatics - Level 2	3:45-4:30pm	Grade 4 Ballet (RAD) 10 YEARS *	3:45-4:30pm	Primary Acrobatics 5-6 YEARS
4:30-5:15pm	Acrobatics - Level 3	4:30-5:15pm	Grade 2 Ballet (RAD) 8 YEARS *	4:30-5:15pm	Primary Jazz 5-6 YEARS
5:15-6:00pm	Grade 5 CSTD Jazz 11 YEARS *	5:15-6:00pm	Intermediate Foundation Ballet RAD * 12 YEARS	5:15-6:00pm	Technique Development & Conditioning U8's & U10's **
6:00-6:45pm	Grade 6 CSTD Jazz 12 YEARS *	6:00-6:45pm	Under 10's Elite Team Jazz **	6:00-6:45pm	Intermediate Ballet (RAD) 14 YEARS *
6:45-7:30pm	Pre - Teen Commercial Jazz 12-13 YEARS	6:45-7:30pm	Under 10's Elite Team Contemporary / Lyrical **	6:45-7:30pm	Intermediate Ballet Pointe (RAD) 14 YEARS *
7:30-8:15pm	Senior Commercial Jazz 14 + YEARS	7:30-8:15pm		7:30-8:15pm	Grade 4 CSTD Jazz TBC
8:15-9:00pm	Senior Contemporary/Lyrical 14 + YEARS				
TUESDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3
3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME
3:45-4:30pm	Intermediate Contemporary/Lyrical 10-12 YEARS *	3:45-4:30pm	Grade 2 CSTD Jazz *	3:45-4:30pm	Intermediate Foundation Ballet (RAD) 12 YEARS*
4:30-5:15pm	Pre - Teen Contemporary/ Lyrical 12-13 YEARS *	4:30-5:15pm	Acrobatics - Level 2 or 3	4:30-5:15pm	Grade 2 Ballet (RAD) 8 YEARS *
5:15-6:00pm	Grade 3 CSTD Jazz 9-10 YEARS *	5:15-6:00pm	Junior Contemporary/Lyrical 7-9 YEARS	5:15-6:00pm	Grade 4 Ballet (RAD) 10 YEARS *
6:00-6:45pm	Pre - Teen & Senior Technique Development & Conditioning U12's & 15's **	6:00-7:00pm	Under 8's Elite Team **	6:00-6:45pm	Grade 3 Ballet (RAD) 9 YEARS *
6:45-7:30pm	Acrobatics - Level 4	7:00-7:45pm	Junior & Intermediate Commercial Jazz Class 7-11 YEARS	6:45-7:30pm	Advanced Foundation Ballet (RAD) 15 YEARS *
7:30-8:15pm	Under 15's Elite Team Jazz **				
8:15-9:00pm	Under 15's Elite Team Contemporary / Lyrical **				
WEDNESDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3
9:00am-3:30pm	CREATIVE INDUSTRIES	3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME
3:45-4:30pm	Intermediate Ballet (RAD) 14 YEARS *	3:45-4:30pm	Junior Hip Hop 7-9 YEARS	3:45-4:30pm	Under 6's Elite Team **
4:30-5:15pm	Junior & Intermediate Musical Theatre 7-11 YEARS	4:30-5:15pm	Technique Development & Conditioning U6's & 8's **	4:30-5:15pm	Intermediate Foundation Ballet (Pointe) 12 YEARS *
5:15-6:00pm	Grade 4 & 5 CSTD Tap *	5:15-6:00pm	Grade 1 RAD Ballet 7 YEARS *	5:15-6:00pm	Acrobatics - Level 2 & 3
6:00-6:45pm	Pre - Teen & Senior Showbiz (Cabaret/Broadway) 12- 14 YEARS +	6:00-6:45pm	SI STUDENT TEACHER PROGRAM / CSTD TEACHER EXAM PREP * NEW 2025	6:00-6:45pm	Vocal Class (7-11 YEARS)
6:45-7:30pm	Grade 8 CSTD Jazz 14 + YEARS *	6:45-7:30pm	Pre - Teen & Senior Tap 12- 14 YEARS +	7:00-7:45pm	Intermediate Hip Hop 10-12 YEARS
7:30-8:15pm	Grade 7 CSTD Jazz 13 YEARS *	7:30-8:15pm	Advanced Foundation Ballet (RAD) 15 YEARS *	7:30-8:15pm	
8:15-9:00pm					
THURSDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3
3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME	3:00-3:45pm	PRIVATE TIME
3:45-4:30pm	ELITE PRO 14 YEARS + **	3:45-4:30pm	U12's Hip Hop Elite Crew **	3:45-4:30pm	Grade 1 Jazz (CSTD) *
4:30-5:15pm	Under 12's Elite Team Jazz **	4:30-5:15pm		4:30-5:15pm	Grade 1 RAD Ballet 7 YEARS *
5:15-6:00pm	Under 12's Elite Team Contemporary / Lyrical **	5:15-6:00pm	Senior Hip Hop	5:15-6:00pm	Grade 3 Ballet (RAD) 9 YEARS *
6:00-6:45pm	ELITE PRO 12/13 YEARS **	6:00-6:45pm	U10's Hip Hop Elite Crew **	6:00-6:45pm	Advanced Foundation POINTE (RAD) 15 YEARS *
6:45-7:45pm	OPEN ELITE TEAM	6:45-7:30pm	ELITE PRO 10 & U **	6:45-7:30pm	Pre - Teen Hip Hop 12/13 YEARS
7:45-8:30pm	Grade 9 CSTD JAZZ	7:15-8:15pm			
		8:15-9:00pm			
FRIDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3
9:00-3:00pm	CREATIVE INDUSTRIES	3:45-4:30pm	Beginner Jazz & Acro Combined 3-4 YEARS	3:45-4:30pm	
		4:30-5:15pm	Junior/Intermediate Commercial Jazz 7-9 YEARS	4:30-5:15pm	
SATURDAY					
TIME	STUDIO 1	TIME	STUDIO 2	TIME	STUDIO 3 - Private Studio
	ELITE TEAM TRAINING - TERM 1 ONLY	8:30 - 9:00am	Funky Monkey Hip Hop (2.5-4yrs)	8:30am - 9:15am	Primary Jazz (CSTD Junior Modern) 5-6 YEARS *
		9:00 - 9:45am	Introduction to Dance (2.5-4yrs) *Ballet / Tap & Jazz	9:15-10:00am	Primary Ballet (RAD) 5-6 YEARS *
		9:45-10:45am	Primary Combo Cuties *Ballet/Jazz & Tap 5-6 YEARS	10:00-10:45am	Primary Hip Hop 5-6 YEARS
				10:45-11:15am	Primary Tap (CSTD Junior) 5-6 YEARS

AGE LEVELS
Beginners (2-4 years)
Primary (5-6 years)
Juniors (7-9 years)
Intermediate (10-11 years)
Pre-Teen (12-13 years)
Seniors (14 years+)
ELITE TEAM **
RAD/CSTD EXAM CLASS *
CREATIVE INDUSTRIES (Certificate Program)