

# MONDAY

STYLE	AGE	TIME
SMART TIME FITNESS	ADULT	9.30AM
HIPHOP & COMMERCIAL	PRIMARY SCHOOL AGE	4 -4.45PM
HIPHOP & COMMERCIAL	11 YEARS + (TEEN)	4.45-5.30PM
ACROBATIC ARTS SYLLABUS WITH FUN GYMNASTICS	10 YEARS + (TEENS)	5.30-6.15PM
1-2-1 PRIVATE DANCE: SOLO DUET TECHNIQUE	OPEN	6.15-6.45PM 6.45-7.15PM
SMART TIME FITNESS	ADULT	7.30-8.30PM

## TUESDAY

STYLE	AGE	TIME
TEENY BOP PARENT & TODDLER	1-3YEARS	10 -10.45AM
- JAZZ GRADE (FUN CHOREOGRAPHY TO POPULAR SONGS)	P1 - P3	4- 5PM
TECHNIQUE, FLEXIBILTY, LEAPS & TURNS (P1-3 & P4 -7 JAZZ STUDENTS)	PRIMARY AGE	5PM-5.45PM
JAZZ GRADE (FUN CHOREOGRAPHY TO POPULAR SONGS)	P4 - P7	5.45-6.45PM

\*\*\* ADULT FITNESS CLASSES AVAILABLE AT REQUEST FROM 6.30PM \*\*\*

## WEDNESDAY

STYLE	AGE	TIME
FUN DANCE <i>(HIPHOP, CHEERLEADING, JAZZ, LYRICAL, DANCES FROM THE MUSICALS &amp; DISNEY).</i>	PRIMARY AGE	3.45-4.30PM
<b>COMPETITION TROUPE</b>	<b>P1-P3</b>	<b>4.30-5.30PM</b>
<b>COMPETITION TROUPE</b>	<b>P4-P7</b>	<b>5.30-6.30PM</b>
KETTLE BELLS WITH CLAIRE 6.30-7PM	ADULT	6.30PM
BEDTIME PILATES WITH CLAIRE	ADULT	7.15-8PM
SMART TIME FITNESS BY ELAINE HIGH ENERGY WORKOUT	ADULT	8.10PM

## THURSDAY

STYLE	AGE	TIME
JAZZ SYLLABUS EXAMINATION GRADE	AGE 11-18 YEARS	4PM-5PM
<b>TROUPE CLASS</b> (ROUTINES FOR, EVENTS, FUN, SHOWCASES & COMPETITION)	AGE 11-14 AGE 15+	5PM-5.45PM
<b>TEEN COMPETITION CLASS</b> NEW COMPETITION ROUTINES	TEEN AGE 11-14 AGE 15+	5.45PM-6.30PM
<b>TEEN COMPETITION CLASS</b> NEW COMPETITION ROUTINES	AGE 11-14 AGE 15+	6.30PM-7.15PM

# FRIDAY

## STUDIO

## THEATRE ARTS SUITE

STYLE	AGE	TIME	STYLE	AGE	TIME
ME & MY MINI – PARENT & BABY/TODDLER	OPEN AGE BABY-TODDLER	10- 10.45AM			
STREET CHEER/ POM DANCE <i>HIGH ENERGY INCORPORATING POM POMS.</i>	3-6YEARS <i>(RECOMENDED DOUBLE CLASS WITH 4.15- 4.45PM CLASS)</i>	3.45- 4.15PM	PRIVATE 1-2-1's SINGING SPEECH & DRAMA MUSICAL THEATRE	4-7PM 30 MIN SLOTS	4-7PM
ACROBATIC ARTS EXAM/GRADE	3-6YEARS <i>(RECOMENDED DOUBLE CLASS WITH PRVIOUS STREET CHEER/POM)</i>	4.15- 4.45PM			
ACROBATIC ARTS EXAM	AGE 7+	4.45- 5.30PM	TAP DANCE EXAM GRADE	TEEN	4.45- 5.30PM
STREET CHEER & POM DANCE <i>(HIGH ENERGY INCORPORATING POM POMS).</i>	PRIMARY 4-7	5.30- 6.15PM	LYRICAL/ CONTEMPORARY	TEEN & ADULT	5.30- 6.15PM
LYRICAL/ CONTEMPORARY	PRIMARY (AGE 5-11)	6.15-7PM	PRIVATE 1-2-1's: SOLO DANCE DUET DANCE	6.15- 6.45PM  6.45- 7.15PM	

# SATURDAY

## STUDIO 1

## THEATRE ARTS SUITE

STYLE	AGE	TIME	STYLE	AGE	TIME
PRESCHOOL BALLET	20 MONTHS – 3 YEARS	9-9.30AM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA MUSICAL THEATRE	OPEN	8.30-9AM
PRESCHOOL DISNEY PRINCESS	20 MONTHS – 3 YEARS	9.30-10AM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA	OPEN	9-9.30AM
PRESCHOOL TUMBLERS <i>FIRST INTRO TO FUN GYMNASTICS &amp; ACROBATICS</i>	20 MONTHS – 3 YEARS	10-10.30AM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA	OPEN	9.30-10AM
BALLET GRADE SYLLABUS	OPEN AGE	10.30-11.15AM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA	OPEN	10-10.30AM
SHOWSTOPPERS <i>(SINGING AND ACTING. DANCING TO SONGS FROM DISNEY AND THE MUSICALS)</i>	P3-P7	11.15-12NOON	PRIVATE 1-2-1 SINGING SPEECH & DRAMA	OPEN	10.30-11AM
SHOWSTOPPERS MUSICAL THEATRE <i>SINGING &amp; DANCING TO SONGS FROM DISNEY &amp; THE SHOWS</i>	PRIMARY 1, 2, 3	12-12.45PM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA	OPEN AGE	11-11.30AM
1-2-1 PRIVATES: SOLO DANCE DUET DANCE TRIO DANCE	OPEN AGE	12.45 – 1.30PM	PRIVATE 1-2-1 SINGING SPEECH & DRAMA MUSICAL THEATRE	OPEN AGE	>11.30-12 >12-12.30 >12.30-1PM >1-1.30PM