

MONDAYS

STUDIO ONE		STUDIO TWO		STUDIO THREE		STUDIO FOUR		STUDIO FIVE	
		4.00 - 5.00	Open Academy Mixed	4.00 - 5.00	Open Academy Mixed	4.00 - 4.45	Power Up Programme (group 1)	4.00 - 5.00	Open Academy Mixed
		5.00 - 6.00	Open Academy Mixed	5.00 - 6.00	Open Academy Mixed	4.45 - 5.30	Power Up Programme (group 2)	5.00 - 6.00	Open Academy Mixed
		6.00 - 6.15	Academy Dinner	6.00 - 6.15	Academy Dinner			6.00 - 6.15	Academy Dinner
		6.15 - 7.30	Open Academy Mixed	6.15 - 7.30	Open Academy Mixed			6.15 - 7.30	Open Academy Mixed
				7.30 - 8.00	Open Academy (Seniors only)			7.30 - 8.00	Open Academy (Seniors only)

TUESDAYS

STUDIO ONE		STUDIO TWO		STUDIO THREE		STUDIO FOUR		STUDIO FIVE	
9.30 - 10.00	Pre-School 3 & 4yrs Dance/Multi - Mixed								
10.00 - 10.30	Pre-School 3 & 4yrs Acro/Gym - Mixed								
3.45 - 4.15		3.45 - 4.30	Minis 5 & 6yrs Dance/Multi - Girls	3.45 - 4.30	Level One Development Ballet Exam Technique - Mixed	3.45 - 4.30	Level Two Development Acro-Dance/Tumbling - Mixed	3.45 - 4.30	Level Three Development Commercial Exam Technique - Mixed
4.15 - 5.00	Step One/Two Recreational Ballet Technique - Girls	4.30 - 5.00	Minis 5 & 6yrs Acro/Gym - Girls	4.30 - 5.15	Level Two Development Ballet Exam Technique - Mixed	4.30 - 5.15	Level Four Development Acro-Dance/Tumbling - Mixed	4.30 - 5.15	Level One Development Commercial Exam Technique - Mixed
5.00 - 5.45	Step One Recreational Commercial Exam - Girls	5.00 - 5.45	Step One Recreational Commercial Exam - Girls	5.15 - 6.00	Level Three Development Ballet Exam Technique - Mixed	5.15 - 6.00	Level One Development Acro-Dance/Tumbling - Mixed	5.15 - 6.00	Level Four Development Commercial Exam Technique - Mixed
5.45 - 6.30	Step One/Two Recreational Acro-Dance/Tumbling - Girls	5.45 - 6.30	Step One/Two Recreational Acro-Dance/Tumbling - Girls	6.00 - 6.45	Level Four Development Ballet Exam Technique - Mixed	6.00 - 6.45	Level Three Development Acro-Dance/Tumbling - Mixed	6.00 - 6.45	Level Two Development Commercial Exam Technique - Mixed
		6.30 - 7.15	Step Two Recreational Commercial Exam - Girls	6.45 - 7.30	Level Four Development Pointe Exam Technique - Girls	6.45 - 7.30	Level Three Development Pointe Prep - Girls	6.45 - 7.30	Level Four Development Virtuosity Technique - Boys

WEDNESDAYS

STUDIO ONE		STUDIO TWO		STUDIO THREE		STUDIO FOUR		STUDIO FIVE	
3.45 – 4.30	Minis 5 & 6yrs Dance/Multi - Boys	3.45 – 4.30	Minis 5 & 6yrs Dance/Multi - Girls	3.45 - 4.30	Level One Development Ballet Exam - Girls (primary)	3.45 - 4.30	Power Up Programme (group 3)	3.45 - 4.30	Level One Development Ballet Exam - Boys (primary)
4.30 – 5.00	Minis 5 & 6yrs Acro/Gym - Boys	4.30 – 5.00	Minis 5 & 6yrs Acro/Gym - Girls	4.30 – 5.15	Level One Development Commercial Exam - Girls	4.30 - 5.15	Power Up Programme (group 4)	4.30 – 5.15	Level One Development Commercial Exam - Boys
5.00 – 5.45	Step One Recreational Commercial Exam - Boys			5.15 – 6.00	Level One Development Ballet Exam - Girls (grade one)			5.15 - 6.00	Level One Development Ballet Exam - Boys (grade one)
5.45 – 6.30	Step One Recreational Acro-Dance/Tumbling - Boys			6.00 – 6.45	Level Three Development Ballet Exam - Girls (grade four)			6.00 – 6.45	Level Three Development Ballet Exam - Boys (grade four)
				6.45 – 7.30	Level Three Development Commercial Exam - Girls			6.45 – 7.30	Level Three Development Commercial Exam - Boys
				7.30 - 8.15	Level Three Development Ballet Exam - Girls (grade five)			7.30 - 8.15	Level Three Development Ballet Exam - Boys (grade five)

THURSDAYS

STUDIO ONE		STUDIO TWO		STUDIO THREE		STUDIO FOUR		STUDIO FIVE	
		3.45 – 4.30	Minis 5 & 6yrs Dance/Multi - Girls	3.45 - 4.30	Level Two Development Ballet Exam - Girls (grade two)			3.45 - 4.30	Level Two Development Ballet Exam - Boys (grade two)
4.15 - 5.00	Step Three/Four Recreational Ballet Technique - Girls	4.30 – 5.00	Minis 5 & 6yrs Acro/Gym - Girls	4.30 – 5.15	Level Two Development Commercial Exam - Girls			4.30 – 5.15	Level Two Development Commercial Exam - Boys
		5.00 – 5.45	Step Three Recreational Commercial Exam - Girls	5.15 – 6.00	Level Two Development Ballet Exam - Girls (grade three)			5.15 – 6.00	Level Two Development Ballet Exam - Boys (grade three)
		5.45 – 6.30	Step Three/Four Recreational Acro-Dance/Tumbling - Girls	6.00 – 7.00	Level Four Development Ballet Exam - Girls (inter-f)			6.00 – 7.00	Level Four Development Ballet Exam - Boys (inter-f)
		6.30 – 7.15	Step Four Recreational Commercial Exam - Girls	7.00 - 7.45	Level Four Development Commercial Exam - Girls			7.00 - 7.45	Level Four Development Commercial Exam - Boys-

FRIDAYS

STUDIO ONE		STUDIO TWO		STUDIO THREE		STUDIO FOUR		STUDIO FIVE	
		4.00 - 4.45	Power Up Programme (group 5)	4.00 – 4.45	Open Class Senior Musical T/Jazz - Mixed	4.00 – 4.45	Open Class Junior/Senior Apparatus/Cirque - Mixed	4.00 – 4.45	Open Class Junior Hip hop/Afro-Fusion - Mixed
		4.45 - 5.30	Power Up Programme (group 6)	4.45 – 5.30	Open Class Junior Musical T/Jazz – Mixed	4.45 – 5.30	Open Class Senior/Junior Apparatus/Cirque - Mixed	4.45 – 5.30	Open Class Senior Hip hop/Afro-Fusion - Mixed
				5.30 – 6.15	Open Class Junior Lyrical/Contemporary - Mixed	5.30 – 6.15	Open Class Senior/Junior Apparatus/Cirque - Mixed	5.30 - 6.15	Open Class Senior Stretch/Conditioning - Mixed
				6.15 – 7.00	Open Class Senior Lyrical/Contemporary - Mixed			6.15 - 7.00	Open Class Junior Stretch/Conditioning - Mixed
				7.00 - 8.00	Open Class Adults Combination - Mixed			7.00 - 7.45	Level Five Development Commercialt Technique - Girls
								7.45 - 8.45	Level Five Development Ballet Exam - Girls

