


# 2025 Studio Timetable

		Location	Class	Description	Start Time	End Time	Location	Class	Description	Start Time	End Time		
<b>MONDAY</b>	<b>E A S T S I D E</b>		Mat Pilates	Open	6:00 AM	7:00 AM	<b>W E S T S I D E</b>		Program Based Pilates	Open	6:00 AM	7:00 AM	
			Mat Beginner Pilates	Open	8:15 AM	9:00 AM			Adult Tap	Open	9:00 AM	10:00 AM	
			Tumble Tots	2-4yrs	9:15 AM	10:00 AM			Program Based Pilates	Open	10:30 AM	11:30 AM	
			Tiny Tots	2-4yrs	10:15 AM	11:00 AM			Program Based Pilates	Open	11:30 AM	12:30 PM	
			Grade 2 Ballet	7-8 yrs	3:30 PM	4:30 PM			Foundation/Primary Tap	4-5yrs	3:30 PM	4:30 PM	
			Grade 4 Ballet	9-10yrs	4:30 PM	5:30 PM			Grade 1 Tap	6-7yrs	4:30 PM	5:30 PM	
			Intermediate Ballet	14-15yrs	5:30 PM	6:30 PM			Grade 3 Tap	8-9yrs	5:30 PM	6:30 PM	
			Advanced Foundation	15-16yrs	6:30 PM	8:00 PM			Privates		6:30 PM	9:00 PM	
<b>TUESDAY</b>	<b>E A S T S I D E</b>		Adults Dance Exercise	Open	9:00 AM	10:00AM	<b>W E S T S I D E</b>						
			Tiny Tot/Intro to Dance	2-4yrs	10:00 AM	10:45 AM							
			Intro to Dance	3-4yrs	10:45 AM	11:30AM							
			Intermediate Ballet	14-15yrs	3:30 PM	5:00 PM			Grade 1/2 Jazz	7-8yrs	3:30 PM	4:30 PM	
			InterFoundation Ballet	12-14yrs	5:00 PM	6:00 PM			Junior Strength & Technique	7-11yrs	4:30 PM	5:30 PM	
			Advanced Foundation	15-17yrs	6:00 PM	7:30 PM			Junior Acro*	7-11yrs	5:30 PM	6:00 PM	
			Advanced Jazz	15+yrs	7:30 PM	8:30 PM			Intermediate Strength & Technique	11-15yrs	6:00 PM	7:00PM	
						Inter Acro	11-15yrs	7:00 PM	7:30 PM				
<b>WEDNESDAY</b>	<b>E A S T S I D E</b>		Mat Pilates	OPEN	6:00 AM	7:00 AM	<b>W E S T S I D E</b>		Program Based Pilates	OPEN	6:00 AM	7:00 AM	
			Mat Beginner Pilates	OPEN	9:00 AM	9:45 AM			Program Based Pilates	OPEN	10:30 AM	11:30 AM	
			Tiny Tots	2-3yrs	10:00 AM	10:45 AM			Program Based Pilates	OPEN	11:30 AM	12:30 AM	
			Grade 2 Ballet	7-8yrs	3:30 PM	4:30 PM			Pre-Primary Ballet	4-6yrs	3:30 PM	4:15 PM	
			Grade 4 Ballet	10-12yrs	4:30 PM	5:30 PM			Primary Ballet	5-7yrs	4:15 PM	5:00 PM	
			Grade 5 Ballet	12-13yrs	5:30 PM	6:30 PM			Grade 1 Ballet	6-7yrs	5:00 PM	6:00 PM	
			Senior Strength & Technique	13+yrs	6:30 PM	7:30 PM			Privates		6:00 PM	6:30 PM	
			Senior Acro*	13+yrs	7:30 PM	8:15 PM			Grade 5 Tap	11-12yrs	6:30 PM	7:30 PM	
									Privates		7:30 PM	8:30 PM	
<b>THURSDAY</b>	<b>E A S T S I D E</b>		Adults Ballet	OPEN	9:00 AM	10:00 AM	<b>W E S T S I D E</b>						
			Foundation Contemporary	7-10yrs	3:30 PM	4:30 PM			Grade 3 Jazz	8-9yrs	3:30 PM	4:30 PM	
			Grade 5 Jazz	10-12yrs	4:30 PM	5:30 PM			InterFound/G7 Tap	12-14yrs	4:30 PM	5:30 PM	
			Level 1 Contemporary	10-12yrs	5:30 PM	6:30 PM			Advanced/Grade 9 Tap	14-16yrs	5:30 PM	6:30 PM	
			Intermediate/Grade 7 Jazz	12-14yrs	6:30 PM	7:30 PM			Adults Ballet	Open	6:30 PM	7:30 PM	
			Level 4 Contemporary	15+yrs	7:30 PM	8:30 PM			Privates		7:30 PM	8:30 PM	
<b>FRIDAY</b>	<b>E A S T S I D E</b>		Tumble Tots	2-4yrs	9:00 AM	9:45 AM	<b>W E S T S I D E</b>		Program Based Pilates	OPEN	6:00 AM	7:00 AM	
			Adults Dance Exercise	OPEN	10:00 AM	11:00 AM			Program Based Pilates	OPEN	10:30 AM	11:30 AM	
			Grade 5 Ballet	11-12yrs	3:30 PM	4:30 PM			Program Based Pilates	OPEN	11:30 AM	12:30 PM	
			Level 2 Contemporary	11-14yrs	4:30 PM	5:30 PM			Privates		3:30 PM	4:30 PM	
			InterFound Ballet	12-14yrs	5:30 PM	6:30 PM			Junior Hip Hop	7-11yrs	4:30 PM	5:30 PM	
			Level 3 Contemporary	14-16yrs	6:30 PM	7:30 PM			Intermediate/Senior Hip Hop	11-13yrs	5:30 PM	6:30 PM	
			Privates		7:30 PM	8:30PM							
<b>SATURDAY</b>	<b>E A S T S I D E</b>		Intro to Dance	3-4yrs	8:00 AM	8:45 AM	<b>W E S T S I D E</b>		Program Based Pilates	OPEN	7:30 AM	8:30 AM	
			Tiny Tots	2-4yrs	8:45 AM	9:30 AM			Program Based Pilates	OPEN	8:30 AM	9:30 AM	
			Primary Ballet	5-7yrs	9:30 AM	10:15 AM			Program Based Pilates	OPEN	9:30 AM	10:30 AM	
			Junior Eisteddfod Group	10 and under	10:30 AM	12:00 PM			Beginner Jazz	5-6yrs	10:30 AM	11:30 AM	
			Intermediate Eisteddfod Group	10-13yrs	12:00 PM	1:30 PM							
			Senior Ballet - Open Class	12-18yrs	1:30 PM	2:30 PM			Tiny Tots Eisteddfod Group	6 and under	12:00 PM	1:30 PM	
			Senior Eisteddfod Group		2:30 PM	4:00 PM			Privates		1:30 PM	6:00 PM	
			Privates		4:00 AM	8:00 AM							