



5/21 CEMETERY ROAD, HELENSBURGH
 M | 0415928588 E | INFO@ADADANCE
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2025 | TIMETABLE

MONDAY

MORNING

9.30 – 10AM	Tinies (18 months – 3 years)
10 – 10.15AM	Tappers (2 – 5 years)
10.15 – 11AM	Movers (3 – 5 years)
11 – 11.45AM	Kindy Acrobatics

STUDIO 1

4.15 – 5.45PM	Intermediate Performance Team
5.45 – 7PM	Senior Performance
7 – 8PM	Senior Tap

STUDIO 2

4 – 5PM	Grade 2 RAD Ballet
5 – 6PM	Grade 3 RAD Ballet
6 – 7PM	Ballet Performance Team (12 years and under)
7 – 8PM	Grade 5/Intermediate Foundation RAD Ballet

TUESDAY

MORNING

9 – 9.30AM	Tots (6 months – 18 months)
9.30 – 10AM	Tinies (18 months – 3 years)
10 – 10.45AM	Movers (3 – 5 years)

STUDIO 1

3.45 – 4.45PM	Primary Ballet (5 – 6 years)
4.45 – 5.30PM	Tiny Technique (6 years and over)
5.30 – 7PM	8 Years performance team (8 years and under)
7.15 – 8PM	Stretch and Strength (high school)

STUDIO 2

4 – 4.45PM	Junior Musical Theatre (primary school)
4.45 – 5.30PM	Junior Tap (primary school age)
5.30 – 6.15PM	Intermediate/Senior Musical Theatre (high school)
6.15 – 7.15PM	Musical Theatre Performance Team (pre teen/teen)



WEDNESDAY

MORNING

- 9.15 – 10AM** Little Ninjas – Boys only
Acrobatics/Hip Hop (2 – 5 years)
- 10 – 10.45AM** Kindy Jazz and Acrobatics
(3 – 5 years)

STUDIO 1

- 3.45 – 4.30PM** Kinder Dance (3 – 6 years)
- 4.30 – 5.30PM** Junior Dance – Jazz/Lyrical/
Contemporary (7 – 9 years)
- 5.30 – 6.30PM** Intermediate Dance – Jazz/Lyrical/
Contemporary (10 years – high school)
- 6.45 – 7.30PM** Intermediate Hip Hop (10 – 14 years)
- 7.30 – 8.15PM** Teen Dance – Combination Class –
Jazz/Lyrical/Hip Hop (high school)

STUDIO 2

- 3.45 – 4PM** Boys Tap Dogz
- 4 – 4.45PM** BOYZ Crew
- 4.45 – 5.45PM** Acrobatics (5 – 7 years)
- 5.45 – 6.45PM** Acrobatics (8 years and over)
- 6.45 – 7.30PM** Junior Hip Hop (6 – 9 years)

THURSDAY

MORNING

- 9 – 9.30AM** Tots (6 months – 18 months)
- 9.30 – 10AM** Tinies (18 months – 3 years)
- 10 – 10.15AM** Tappers (2 – 5 years)
- 10.15 – 11AM** Movers (3 – 5 years)

STUDIO 1

- 3.45 – 4.45PM** Itty Bitty Performance Team
(6 years and under)
- 4.45 – 6.30PM** 10 Years Performance Team
(10 years and under)
- 6.30 – 7.30PM** Advanced Tumbling/Acrobatics
(9 years and over)

STUDIO 2

- 3.45 – 4.45PM** Grade 3 RAD Ballet
- 4.45 – 5.45PM** Grade 1 RAD Ballet
- 5.45 – 6.45PM** Ballet Performance Team
(8 years and under)
- 6.45 – 7.45PM** Intermediate Foundation
RAD Ballet



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FRIDAY

MORNING

9.30 – 10AM	Tinies (18 months – 3 years)
10 – 10.45AM	Kindy Jazz and Acrobatics (3 – 5 years)
10.45 – 11.30AM	Movers (3 – 5 years)
11.30 – 12.15PM	Little Ninjas (2 – 5 years)

STUDIO 1

4 – 5PM	Tiny Cheerleading – Jazz, Pom Poms, Acrobatics (3 – 6 years)
5 – 6PM	Junior Cheerleading – Jazz, Pom Poms, Acrobatics (primary school)

SATURDAY

STUDIO 1

ELITE EXTENSION GROUPS

STUDIO 2

9 – 9.30AM	Tots (6 months – 18 months)
9.30 – 10AM	Tinies (18 months – 3 years)
10 – 10.15AM	Tappers (2 years and up)
10.15AM – 11AM	Movers (3 years and up)
11 – 11.45AM	Kinder Acrobatics (5 years and up)

Ada
DANCE

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