



5/21 CEMETERY ROAD, HELENSBURGH
M | 0415928588 E | INFO@ADADANCE
WWW.ADADANCE.COM.AU

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)
7.15 – 8.15PM	Adult Beginner Jazz



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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 – 7.45PM	Acrobatics (8 years and over)

STUDIO 3

6.45 – 7.30PM	Junior Hip Hip (6 – 9 years)
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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



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)

Ada
DANCE

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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)