

Weekly Schedule

2020-2021



Monday		Room 1		Room 2	
4:00-5:00	Mini Jazz/Contemporary (Ms.Julie/Destiny)	4:30-6:00	Teen Ballet (Ms.Isabelle)		
5:00-6:00	Junior/Petite Ballroom (Ms.Helen)	6:00-7:30	Senior Ballet (Ms.Isabelle)		
6:00-6:30	Teen/Senior Conditioning and Stretch (Ms.Helen)				
6:30-7:30	Teen Rehearsal (Ms.Helen)	7:30-8:30	Teen/Senior Jumps, Leaps, Turns (Ms.Helen)		
Tuesday		Room 1		Room 2	
4:30-5:30	Senior Jazz (Mr.Jay)	4:30-5:30	Teen Ballroom (Ms.Helen)		
5:30-6:30	Senior Ballroom (Ms.Helen)	5:30-6:30	Teen Contemporary (Mr.Jay)		
6:30-7:30	Senior Contemporary (Mr.Jay)	6:30-7:30	Teen Jazz (Ms.Helen)		
7:30-8:30	Rehearsal (Ms.Helen)	7:30-8:30			
Wednesday		Room 1		Room 2	
4:00-5:00	Mini Ballet/ Lyrical (Ms.Julie/Destiny)	4:30-5:30	Junior Contemporary (Ms.Ashley)		
5:00-6:00	12 and up Hip-Hop (Ms.Ashley)	5:30-6:30	Junior Lyrical (Ms.Helen)		
6:00-6:30	Teen Lyrical (Ms.Helen)	6:30-7:30	11 and under Hip-Hop (Ms.Ashley)		
6:30-7:30	Teen/Senior Fusion (Ms.Ashley)	7:30-8:30	Junior Rehearsal		
Thursday		Room 1		Room 2	
4:30-5:30	Senior Acro (Coach Alf)	4:30-5:30	Petite/Junior Ballet (Ms.Isabelle)		
5:30-6:30	Teen/Senior PBT (Ms.Isabelle)	5:30-6:30	Petite/Junior Acro (Coach Alf)		
6:30-7:30	Teen Acro (Coach Alf)	6:30-7:30	Senior Lyrical (Ms.Helen)		
7:30-8:30	Line Rehearsal				
8:30-9:30	Senior Rehearsal				
Friday		Room 1		Room 2	
4:30-5:30	Mini Hip Hop/Acro (Ms.Julie/Ms.Destiny)	4:30-5:30	Junior Jazz (Mr.Rolly)		
5:30-6:30	Junior Rehearsal (Mr.Rolly)		Open Space		
6:30-7:30	Open Space		Open Space		
7:30-8:30	Open Space		Open Space		
Saturday		Room 1		Room 2	
10:30-11:30	Petite Lyrical/Contemporary (Ms.Helen)	10:30-11:30	Pointe		
11:30-12:30	Petite Jazz (Ms.Destiny)	11:30-12:30	Open Space		
12:30-1:30	Adult PBT (Ms.Isabelle)		Open Space		
1:30-2:30	Open Space		Open Space		