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<b>ACRO &amp; TUMBLING</b>	A strength- and flexibility-based style consisting of acrobatic skills and safe progressive technique. Available for ages 5 & up
<b>HIP HOP</b>	A high-energy street-style class focusing on musicality, grooves and commercial choreography. Available from ages 6 & up
<b>CONTEMPORARY</b>	A fluid, expressive style focused on release technique, grounded movement and dynamic flow. Available for ages 13 & up
<b>DANCE TECHNIQUE</b>	A class focused on developing strong foundations in alignment, turns, leaps and overall dance skills. incorporating jazz, modern and lyrical styles. Available for ages 13 & up
<b>DANCE TECH/ CONTEMP</b>	A fusion class combining technical training with contemporary styles. Available for ages 5-12 years
<b>STRETCH AND STRENGTHEN</b>	A conditioning class focused on improving flexibility, mobility and all-round strength to support safe, confident dancing. ALL AGES
<b>BALLET</b>	A classical style building posture, strength, control and strong technical foundations for all dancers. Available from 6 & up
<b>PRESCHOOL</b>	Fun, imaginative movement classes introducing rhythm, coordination and early dance basics. Combination class of acro and dance.
<b>AVAILABLE PRIVATE LESSONS</b>	One-on-one coaching tailored to each dancer's goals, technique and personal progression. ALL AGES AND ABILITIES

- Ages are based on the 1st of January.
- Acro Levels are based on each dancer's most recent Acro exam.
- Elite/Competition Acro & Dance is an add-on class - To join, dancers must take one Acro class and one Dance class per week.
- Stretch & Strength focuses on building strength and flexibility to support dancers in all their classes.
- Dancers may train in their level, as well as one level above or below, with teacher permission.
- Tumbling is open to all Acro dancers from Level 2 and above.
- We place dancers according to ability, not only age - Dancers should try their age group first and teachers will then guide them to the most suitable class.
- Dancers who would like more opportunities to compete are encouraged to take more than one class per week.
- Private lessons are available on request

Monday		Tuesday		Wednesday		Thursday	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
					13:15 -13:50 Acro/Dance Combo class 3.5 years		
14:00 - 14:45 ACRO Primary & Level 1	13:45-14:15 Private Lessons 14:15-14:45 Private lessons	13:45-14:15 Private Lessons 14:15-14:45 Private lessons	14:00-14:30 Private lessons 14:30-15:00 Private Lessons	14:15-15:00 ACRO Primary & Level 1	13:50-14:35 Acro/Dance Combo class 4.5 years	Peewee & Mini comp practice	14:00-14:30 Private lessons 14:30-15:00 Private Lessons
15:00-15:45 ACRO Level 2 & 3	14:30-15:00 Semi Private Lessons - Ava & Georgia (Teagan) 15:05-15:35 Private Lesson - *Eli-Jo C (Teagan)	14:45-15:30 Hip Hop 6 - 8 years 15:30-16:15 Hip Hop Beginner 9-12 years	15:00-15:30 Private Lessons 15:30-16:15 BALLET 6-8 years	15:00-15:45 ACRO Level 2 & 3 15:45-16:45 ACRO Level 4 & 5	15:00-15:30 Private Lessons - Anna B (Jason) 15:30-16:00 Private Lessons	15:15-16:15 Junior Dance Tech/Contemp advanced 9-12 years 16:15-17:00 Mini Dance Tech/Contemp 7-8 years	15:00-15:45 Peewee Dance Tech/Contemp 5-6 years 15:45-16:15 Private lessons Kaylar C (Jason)
15:45-16:45 12 & under Elite/Competition ACRO & DANCE *add on class*	15:45-16:15 Private lessons 16:15-17:15 Junior Dance Tech/Contemp Beginner/inter 9-12 years	16:15 - 17:00 ACRO Level 2 & 3 *Waiting list*	16:15-17:00 BALLET 9-11 years	16:45-17:30 Tumbling Level 2-5	16:00-16:30 Private Lessons 16:35-17:20 STRETCH AND STRENGTHEN	17:00-18:00 Senior Hip hop beginner/interme diate 13 & up	16:15-17:00 Hip hop Inter/advanced 9 - 12 years
16:45-17:45 Senior Intermediate Dance Technique 13 & up	17:15-17:45 Private lessons - Chloe Greef (Jason)	17:00-18:00 ACRO Level 4 & 5	17:00-17:45 BALLET 12-14 years	17:30-18:30 Multi Level Acro 12 years and up	17:30-18:00 Julia S (Rachel)	17:30-18:00 Private Lessons *Grace T (Teagan)	17:00-17:30 Private lessons *Chloe Git (Teagan)
17:45-18:45 Beginner/inter Contemporary 13 & up	17:45 -18:15 Private lessons - Bailey S (Teagan) 18:15-19:15 Ballet - 15 + years	18:00-19:15 Advanced Acro & Tumbling Level 6+	18:00-18:30 Private lessons - Harlow K (Kirsty) 18:30-19:00 Private lessons	18:30-19:00 Private lessons	18:00-19:00 Senior Hip Hop inter/advanced 13 & up	18:00-18:30 Private lessons 18:30-19:00 Private lessons	18:00-18:30 Private lessons
18:45-19:45 Adult Dance Class	19:15-19:45 Private lessons	19:15-20:15 Advanced Dance Technique 13 & up	19:00-19:30 Private lessons 19:30-20:00 Private lessons	19:00-20:00 Inter/Adv Contemporary 13 & up	19:00-19:30 Private lessons 19:30-20:00 Private lessons	Senior comp practice 19:00-19:30 Private lessons 19:30-20:00 Private lessons	19:00-19:30 Private lessons 19:30-20:00 Private lessons

\* Private Lessons - bi-weekly  
\*\* Private Lessons - Monthly