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ACRO & TUMBLING	A strength- and flexibility-based style consisting of acrobatic skills and safe progressive technique. Available for ages 5 & up
HIP HOP	A high-energy street-style class focusing on musicality, grooves and commercial choreography. Available from ages 6 & up
CONTEMPORARY	A fluid, expressive style focused on release technique, grounded movement and dynamic flow. Available for ages 13 & up
DANCE TECHNIQUE	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
DANCE TECH/ CONTEMP	A fusion class combining technical training with contemporary styles. Available for ages 5-12 years
STRETCH AND STRENGTHEN	A conditioning class focused on improving flexibility, mobility and all-round strength to support safe, confident dancing. ALL AGES
BALLET	A classical style building posture, strength, control and strong technical foundations for all dancers. Available from 6 & up
HAND BALANCING	A dynamic class focused on building strength and control while learning to balance on hands, progressing from floor work to canes and specialised equipment.
PRESCHOOL	Fun, imaginative movement classes introducing rhythm, coordination and early dance basics. Combination class of acro and dance.
AVAILABLE PRIVATE LESSONS	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
13:30-14:00 Private lessons - Bailey S (Rachel)					13:15 -13:50 Acro/Dance Combo class 3.5 years		
14:00 - 14:45 ACRO Primary & Level 1			14:00-14:30 Private lessons (available)	14:30-15:15 ACRO Primary & Level 1	13:50-14:35 Acro/Dance Combo class 4.5 years	Competition Rehearsals Peewees	14:30-15:15 Peewee Dance Tech/Contemp 5-6 years
	14:30-15:00 Private Lessons (available)	14:45-15:30 Hip Hop 6 - 8 years	14:30-15:00 Private Lessons (available)	15:15-16:00 ACRO Level 2 & 3	15:00-15:30 Private Lessons - Anna B (Jason)	15:00-16:00 Dance Tech/Contemp advanced 9-12 years	15:15-15:45 Private Lessons (available)
15:00-15:45 ACRO Level 2 & 3	15:00-15:30 Private Lesson	15:30-16:15 Hip Hop Beginner 9-12 years	15:30-16:15 BALLET 6-8 years	16:00-16:30 Hand Balancing with canes	15:30-16:00 Private Lessons (available)	16:00-16:30 Stretch & Strengthen	15:45-16:15 Private lessons Kaylar C (Jason)
15:45-16:45 12 & under Elite/Competition ACRO & DANCE *add on class*	15:45-16:45 Junior Dance Tech/Contemp Beginner/inter 9-12 years	16:15 - 17:00 ACRO Level 2 & 3	16:15-17:00 BALLET 9-11 years	16:30-17:15 Tumbling Level 2-5	16:00-16:30 Private Lessons (available)	16:30 - 17:15 Mini Dance Tech/Contemp 7-8 years	16:30-17:15 Hip hop Inter/advanced 9 - 12 years
16:45-17:45 Senior Intermediate Dance Technique 13 & up	16:45-17:15 Private lessons - (available)	17:00-18:00 ACRO Level 4 & 5	17:00-17:45 BALLET 12-14 years	17:15-18:15 ACRO Multi-Level Level 3 plus	17:15-17:45 Private lessons - Harlow K (Rachel)	17:15-18:15 Senior Hip hop beginner/intermediate 13 & up	17:15-17:45 Private Lesson - Booked every 2nd week
	17:15-17:45 Private lessons - Chloe Greef (Jason)		17:45-18:15 Private lessons (available)		17:45-18:15 Private Lesson - Julia S (Rachel)		17:45-18:15 Private Lesson - Booked every 2nd week
17:45-18:45 Beginner/inter Contemporary 13 & up	17:45-18:15 Private lessons (available)	18:00-18:30 Hand Balancing with canes	18:15-18:45 Private lessons (available)	18:15-19:15 Senior Hip Hop inter/advanced 13 & up			
	18:15-19:15 Ballet - 15+ years	18:30-19:30 Acro & Tumbling Level 6+	18:45-19:15 Private lessons (available)		18:30-19:00 Private lessons (available)	Comp Rehearsals Seniors	Comp Rehearsals Seniors
18:45-19:45 Adult Dance Class	19:15-19:45 Private lessons (available)	19:30-20:30 Advanced dance technique	19:15-19:45 Private lessons (available)	19:15-20:15 Inter/Adv Contemporary 13 & up	19:00-19:30 Private lessons (available)		
					19:30-20:00 Private lessons (available)		