

2025-2026 CLASS SCHEDULE



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Youth

Adults

***Independent Providers*

MONDAY

Intermediate Foundation & Point Work 15:00-16:30
 Primary Ballet 15:45-16:30
 Primary Contemporary 16:30-17:00
 Grade 2-3 Ballet 16:30-17:30
 Grade 1 Ballet 17:00-18:00
 Grade 4-5 Ballet 18:00-19:00
 Grade 1 Contemporary 18:00-19:00

Aerial 19:00-20:00**

TUES

Pre-Primary Ballet 15:45-16:30
 Grade 1-2 Ballet 16:30-17:30
 Grade 5-Inter.Foundation & Point Work 17:30-19:30

Dance Movement Therapy 16-16:45
 Dance Movement Therapy 17-17:45
 Dance Movement Therapy 18-19:00
 Yoga 19:00-20:15
 Aerial 19:30-20:30**

WED

Primary Ballet 16:15-17:00
 Grade 1-2 Ballet 17:00-18:00
 Intermediate & Point Work 18-20:00

Dance Movement Therapy 17-18:00
 Dance Movement Therapy 18:30-19:45

THURS

Intermediate Foundation 15:00-16:30
 Pre-Primary Ballet 16:00-16:45
 Grade 2-3 Ballet 16:30-17:30
 Pre-Ballet Babies 16:45-17:30
 Grade 2&4 Contemporary 17:30-18:30
 Grade 4-5 Ballet 18:30-19:30

Aerial (18:30-19:30)**
 Aerial (19:30-20:30)**
 Yoga 19:30-20:45

FRIDAY

Grade 1-2 Contemporary 15:30-16:30
 Grade 1-2 Ballet 16:30-17:30
 Grade 5-Inter.Foundation 17:30-18:30
 Grade 5 Contemporary 18:30-19:30
 Intermediate Contemporary 19:30-20:30
 Intermediate Ballet 18:15-19:15

Dance Movement Therapy 14:30-15:20
 Dance Movement Therapy 16:30-17:30
 Dance Movement Therapy 17:30-18:15

SAT

Aerial 10:00-11:00**
 Aerial 11:00-12:00**