

2020/21 FULL STUDIO SCHEDULE

Monday-Large	Monday-Small	Tuesday-Large	Tuesday-Small	Wednesday-Small	Wednesday-Large	Thursday-Large	Thursday-Small	Friday-Small	Friday-Large	Saturday-Small	Saturday-Large	Sunday
6:45-7:30am ADULT Strength Conditioning (In Studio)		6:30-7:30am ADULT PLUS Strength Conditioning (In Studio)		7:15-8am ADULT Body Blast (Park)		7:15-8am ADULT Strength (Park)			6:30-7:30am ADULT PLUS Strength Conditioning (In Studio)			
9:00-12:00pm FALL Gr 1 - 3 Visual Art/ Dance Half Day (With Blue Crow)	9:00-12pm FALL JK/SK Half Day Program (15 Weeks)	9:00-12:00pm FALL Gr 4 - 8 Visual Art/ Dance Half Day (With Blue Crow)		9:00-12pm FALL JK/SK Half Day Program		10:30-12:00 Fall Gr 9-12 ODD DAY Morning						
9:30-10:15am ADULT Strength Conditioning (In Studio)		9:30-10:15am ADULT Core/Cardio (Live Stream/ In Studio)			9:30-10:15am ADULT Strength Conditioning (Live Stream/In Studio)	2:00-3:30pm Fall Gr 9-12 ODD DAY Afternoon	9:30-10:30am ADULT Yoga (Live Stream/In Studio)	9:30-10:30 ADULT Stretch and Tone Barre (In Studio)				
4:15-5pm Primary/Grade 1 Ballet (6-7)	4:15-5pm Primary Hip Hop/Breaking (4-6)	4:15-5pm Primary Acro/ Tap (4-6)	4:15-5pm Primary Ballet/ Jazz (4-6)	4:15-5pm Primary Hip Hop/Breaking (4-6) Full	4:15-5pm Junior Contemporary (7-8)	4:15-5pm Junior Acro 1 (7-8)	4:15-5pm Primary Musical Theatre (4-6)		4:15-5pm Performance Group	8-8:30am Micro-Mini Ballet/ Jazz/ Tumbling (3-4)	7:45-8:30am ADULT Core/Cardio (Park)	
5:10-5:55pm Intermediate Acro (12+)	5:10-5:55pm Grade 2/3 Ballet (7-9) Full	5:10-5:55pm Junior Jazz (7-8yrs) Full	5-5:30pm Comp Primary Jazz	5:10-5:55pm Primary Contemporary/ Ballet (4-6)	5:10-5:55pm Pre-Inter Jazz (8-11)	5:10-5:55pm Primary Jazz/ Acro (4-6)	5:10-5:55pm Junior Hip Hop (7-8)	5:10-5:55pm Pre-Inter Acro 2 (10+)	5:10-5:55pm Intermediate 2 Jazz (12+)	8:40-9:25am Primary Hip Hop/ Breaking (5-6)	8:50-9:35am ADULT Strength Conditioning (In Studio)	9-10am ADULT Pilates (Live Stream/In Studio)
6:00-6:45pm ADULT Strength Conditioning (Will Start After Park Classes Finish)	5:55-6:40pm Comp Intermediate Acro	6:05-6:50pm Intermediate Contemporary (12+)	5:55-6:40pm Comp Junior Jazz	6:05-6:50pm Pre- Intermediate/ Inter-Breaking (9+) Full	6:05-6:50pm Pre-Inter Contemporary (9-11)	5:55-6:40pm Comp Junior Acro	6:05-6:50pm Pre-Inter Hip Hop (9-11)		5:55-6:40pm Intermediate 2 Contemporary (12+)	9:35-10:20am Primary Contemporary/Tap (5-7)	9:40-10:25am ADULT Strength Conditioning Level 1 (In Studio)	10:15-11am ADULT ELDOA (In Studio)
6:50-7:50pm Grade 4 Ballet (13+)	7-7:45pm ADULT Strength Conditioning (Park)	6:50-7:35pm Comp Inter Contemporary	6:50-7:35pm Comp Teen Lyrical	6:55-7:40pm Senior Breaking (13+)	7:00-7:45pm ADULT Strength Conditioning (In Studio)	6:40-7:25pm Pre- Intermediate Acro (9-11)	6:50-7:35pm Comp Inter Hip Hop		6:40pm Onwards Cornerstone Performance Group	10:30-11:15am Junior Jazz/Ballet (5-7)	10:30-11:15am Junior Hip Hop (7+)	
7:50-8:35pm Intermediate Jazz (12+)		7:45-8:30 ADULT Stretch and Tone Barre (Live Stream/ In Studio)	7:35-8:20 Pre- Intermediate Tap (9+)		7:45-8:15pm ADULT Core/Cardio (In Studio)	7:30-8:30pm ADULT Strength Conditioning (In Studio)	7:35-8:20pm Intermediate Hip Hop (12+)			11:20-12:05pm Junior Ballet/ Contemporary (7-8)		

To Be Scheduled: Junior Breaking