



SCHEDULE 2023-2024

SCHEDULE IS SUBJECT TO CHANGE

Intensive Training Program - Grey
Performance Program - Purple
General Program (recreational) - White

MONDAY			TUESDAY			WEDNESDAY		
SHAW	VERNON	MILNE	SHAW	VERNON	MILNE	SHAW	VERNON	MILNE
345-445 Hip Hop Pre Int (ITP)	345-4:45 Strength JR (ITP)	345-445 Jazz Pre Teen 2	345-430 Strength J&T PRE INT (ITP)	345-500 Jazz TECH Junior (ITP)	345-500 Ballet Int (ITP)	345-430 Stretch jr/pre int (ITP)	300-345 Twinkle Stars (3-5 Years)	345-445 Ballet Pre Teen (Performance)
445-545 Hip Hop Pre Teen (Performance)	445-515 Jazz Choreography JR (ITP)	445-545 Modern Pre Int (ITP)	430-5:00 Jazz Choreo PRE INT (ITP)	500-530 Jazz Choreography Int/Sr (ITP)	500-530 PBT JR (ITP)	430-515 Strength Int (ITP)	345-430 Acro Minis (ITP)	445-545 Ballet Mini (ITP)
545-645 Hip Hop Int (ITP)	515-545 Lyrical Choreography JR (ITP)	545-645 Modern Jr (ITP)	515-615 Jazz Teen 2	530-645 Jazz TECH INT (ITP)	530-645 Ballet Junior (ITP)	515-545 Jazz Choreography jr/pre int (ITP)	430-515 Acro Juniors (ITP)	545-715 Ballet PRE INT (ITP)
645-745 Hip Hop Teen (Performance)	545-700 Jazz Tech Pre Int (ITP)	645-745 Contemporary PRE TEEN	615-715 Jazz Tech Pre Teen (Performance)	645-715 Lyrical Choreography INT (ITP)	645-815 Ballet Pre Int (ITP)	545-615 Jazz Choreography Mini (ITP)	515-615 Hip Hop PRE TEEN	715-815 Ballet Int (ITP)
745-815 Hip Hop Choreography Int/Teen (ITP and Performance)	700-730 Lyrical Choreo Pre Int	745-845 Contemporary Teen	715-815 Jazz Tech Teen (Performance)	715-815 Adult Tap	815-915 Ballet Teen (Performance)	615-715 Hip Hop Pre Teen 2	615-715 Contemporary Tech Int (ITP)	815-915 Ballet Teen (Performance)
815-900 Hip Hop Tech (ITP)	730-845 Jazz SR (ITP)		815-915 Adult Jazz	8:15-9:15 Jazz TEEN 3		715-815 Hip Hop TEEN	715-815 Jazz Teen (Performance)	
	845-915 Lyrical Choreography SR (ITP)					815-915 Hip Hop Teen 2	815-900 Stretch/combo INT (ITP)	
THURSDAY			FRIDAY			SATURDAY		
SHAW	VERNON	MILNE	SHAW	VERNON	MILNE	SHAW	VERNON	MILNE
345-445 Ballet JR (ITP)	345-445 Jazz Minis (ITP)	345-445 Jazz Pre Teen (Performance)	345-430 PBT PRE INT (ITP)	345-445 Ballet PRE TEEN	345-445 Ballet SR (ITP)	9:00-9:45 Twinkle Stars (Ages 3-4 years)	900-1000 Jazz JR 1 (Ages 6-7)	900-1000 Ballet JR 2 (7-9)
445-515 Ballet Choreography Jr (ITP)	445-515 Minis Stretch (ITP)	445-530 Jazz Rookies (1 of 3)	4:30-6:00 Ballet PRE INT (ITP)	445-545 Jazz PRE TEEN		945-10:45 Ballet Minis (ITP)	1000-1100 jazz JR 2	1000-1100 Ballet JR 1
515-615 Ballet Pre Teen (Performance)	515-615 Tap JR (ITP)	530-615 Tap Mini's (ITP)	600-630 Ballet Choreography PRE INT (ITP)			10:45-11:30 Twinkle Stars (Ages 4-5)	1100-1200 HIP HOP Jr (ITP)	1100-1200 Jazz MINI's (ITP)
615-730 Ballet INT (ITP)	615-715 Tap PRE INT (Performance)	615-715 Jazz Teen				1130-1215 PBT PRE INT (ITP)	1200-1245 Hip Hop JR 1	1200-1245 Jazz PRE JR
7:30-8:00 Ballet Choreography INT (ITP)	715-815 TAP Teen (Performance)	715-815 Contemporary Pre Teen (Performance)				1215-130 Ballet INT (ITP)	1245-130 Hip Hop Pre Jr	1245-130 Tap JR 1/2
815-915 Ballet Teen	815-915 Tap Int	815-915 Contemporary Teen (Performance)				130-215 Ballet ROOKIES (2 of 3)	130-215 Hip Hop JR 2 8-9	130-215 Jazz Primary
						215-315 BALLET Primary	215-315 Hip Hop JR 3	215-300 Tap Rookies (3 of 3)
							315-400 Hip Hop Boys	300-345 Lyrical JR