



**THE ACADEMY
OF DANCE AND ART**
January - March Schedule 2017

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Studio 1	Studio 2	Ballroom	Studio 1	Studio 2	Ballroom	Studio 1	Studio 2	Ballroom	Studio 1	Studio 2	Ballroom	Studio 1	Studio 2	Ballroom	Studio 1	Studio 2	Ballroom
8.45-9.45 Adult Modern			8.45-9.45 Adult Modern			9.00-10.00 Adult Ballet			8.45-9.45 Adult Modern			9.00-10.00 Adult Ballet			9.00 - 10.00 Grade 4 Ballet		9.00-9.45 Pre-Primary Exam
10.00-10.30 Toddlers			9.30-10.30 Stepping Stones	10.00-11.00 Yoga Flow						10.00-11.30 Pregnancy Yoga					10.00-10.45 Pointes Beginners	10.00-11.00 Yoga Flow (upstairs)	9.45-10.45 Primary Ballet
Hillcrest 12.30-1.00	Montessori 2.00-2.30									Banda School 11.30-1.45		St Christopher 12.45-3.15			10.45- 11.45 Grade 5 Ballet	11.00-11.30 Pre- School ballet	11.00-11.45 Gymnastics 5-7
			S.O.N(cottage) 3.30-4.30			Hillcrest 12.45-1.30 Y2 up				3.00-3.30 Hillcrest y1				11.45- 12.45 Grade 1 Ballet	11.45-12.45 silver modern	11.45-12.45 Gymnastics 8-12	
						3.30-4.30 S.O.N	Gems 2.30-3.30								12.45-1.45 Grade 2 Ballet	12:45-1:45 Musical Theater 10+	
															1.45 -2.45 Grade 3 Ballet		1.45-2.15 free class (grade 4 +)
																11.00-12.00 Afro Jazz upstairs	pregnancy Yoga (upstairs)
											4.00-4.45 Boys Class			4.00-4.45 pre-primary ballet	2.45-3.45 Inter.Found. Ballet	12.30-1.30 Beginning Tap upstairs	
4.30-5.30 Grade 1 Ballet		4.30-5.30 Beginning pointe	4.45-5.45 silver modern/Jazz	3.45-5.30 Tuition	5.30-6.30 Beginners ballet 7 -10	4.30-5.30 Grade 5 Ballet	silver	5.30-6.30 Grade 3 ballet	4.30-5.30 Grade 2	3.35-5.30 Tuition	5.30-6.30 Hip Hop Class	5.00-6.30 Interfoundation Ballet		4.45-5.30 primary ballet	3.45-4.45 Pas de Deux/pointe	1.30-2.15 Silver Tap upstairs	
5.30-6.30 Contemporary			5.45-7.15 Intermediate Ballet	6.00-7.30 Pregnancy yoga	6.00- 7.00 Martial Arts	5.30-6.30 Grade 4 Ballet	6.00-7.30 Beginners yoga		5.30-6.30 Teen ballet	5.30-6.30 Musical Theater 10+		6.30-7.30 Inter/adv pointe	6.00-7.30 Yoga Improvers	6.00-7.00 Martial Arts	4.45-6.15 Intermediate Ballet	2.30-3.30 hiphop	
6.30-8.00 Advanced Foundation		6.00-7.00 Martial Arts	7.15-8.00 Int/Adv Pointe			6.30 - 8.00 Advanced Foundation		7.30-8.30 Ballroom Class	6.30-7.30 Pilates	6.00-7.30 Yoga Improvers					6.15-7.15 pilates		

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