

2024/2025 ELITE DANCE SCHEDULE

Energy Division - Age 3

MONDAY EVENING					TUESDAY EVENING				
STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO E	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO E
		KH 4:30 - 5:15pm KH AGE 4/5 KH Ballet/Tap		K 4:30 - 5:15pm K AGE 6-7 K Ballet		KOS 4:30 - 5:15pm KOS ORANGE (10-12) AS 4:40 - 5:40pm AS Acro AS Class 1	LH 4:30 - 5:00pm LH TAP - C LH GREEN/PINK LH 5:00 - 5:45pm LH GREEN (7-9) LH ORANGE (10-12) LH Jazz	SK 4:30 - 5:00pm SK AGE 3 - Ballet SK 5:00 - 5:45pm SK PINK (6-7) SK 5:45 - 6:45pm SK RED SK Ballet SK 6:45 - 7:30pm SK ACRO SK BLUE SK Acro SK Class 3 SK 8:15pm SK High Fitness	NH 4:30 - 5:15pm NH MAROON (4-5) NH Ballet/Jazz - C NH 5:15 - 6:00pm NH PURPLE NH Ballet AC 3 NH 6:00 - 6:45pm NH PURPLE NH Hip Hop - C NH 6:45 - 7:30pm NH PURPLE NH Ballet AC 1 NH 7:35 - 8:15pm NH AGE 10-14 NH Tap NH 8:15 - 9:00pm NH Age 10-12 NH Jazz
VP 5:00 - 5:45pm VP YELLOW VP Ballet	SK 5:00 - 6:00pm SK PURPLE SK Ballet	K 5:15 - 6:00pm K AGE 4/5 K Jazz/Hip Hop	MK 5:15 - 6:15pm MK BLUE MK Tap	KH 5:30 - 6:30pm KH GREY K 6:00 - 6:45pm K AGE 8-9 K Jazz K 6:45 - 7:45pm K TEAL K Contemporary - C K 7:45 - 8:45pm K AGE 13-17 K Jazz	GB 6:55 - 7:55pm GB Acro GB Class 3 GB 8:15pm GB High Fitness	KOS 6:55 - 7:55pm KOS BLUE KOS Ballet KOS 7:55 - 8:25pm KOS Pointe KOS 8:30 - 9:30pm KOS BLUE KOS Jazz	LH 6:05 - 6:50pm LH ORANGE & 9-12 LH Acro LH GREEN (7-9) LH Acro SK 7:30 - 8:30pm SK PEACH SK Ballet GB 8:30 - 9:30pm GB PEACH GB Jazz	AS 6:05 - 6:50pm AS ORANGE & 9-12 AS Acro AS GREEN (7-9) AS Acro AS 7:30 - 8:15pm AS ORANGE (10-12) AS Hip Hop - C AS 8:30 - 9:30pm AS PEACH AS Jazz	VP 5:45 - 6:30pm VP Age 10-12 VP Lyrical/Contemp VP 6:30 - 7:30pm VP BLUE VP Ballet VP 7:30 - 8:30pm VP PEACH VP Ballet VP 8:30 - 9:00pm VP Pre-Pointe
WEDNESDAY EVENING					THURSDAY EVENING				
STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO E	STUDIO A	STUDIO B	STUDIO C	STUDIO D	STUDIO E
AS 4:30 - 5:15pm AS AGE 6-7 AS Jazz/Acro	JG 4:45 - 5:30pm JG Age 8-12 JG Musical Theatre	KK 4:45 - 5:30pm KK YELLOW KK Contemporary	MH 4:30 - 5:15pm MH PURPLE MH Jazz	KD 4:45 - 5:30pm KD AGE 4/5 KD Jazz/Acro	GB 4:35 - 5:35pm GB RED GB Jazz	JG 4:30 - 5:15pm JG ORANGE (10-12) JG Lyrical - C	NH 4:30 - 5:15pm NH GREEN (7-9) NH Jazz - C	CH 4:45 - 5:30pm CH YELLOW CH Hip Hop - C	VP 4:30 - 5:15pm VP PINK (6-7) VP Ballet - C VP 5:15 - 6:00pm VP ORANGE (10-12) VP Ballet - C VP 6:00 - 6:45pm VP GREEN (7-9) VP Ballet - C VP 6:45 - 7:30pm VP AGE 8-9 VP Lyrical/Jazz
AS 5:15 - 6:15pm AS BLUE AS Jazz	JG 5:30 - 6:30pm JG YELLOW JG Ballet	KK 5:30 - 6:15pm KK PURPLE KK Lyrical - C	MH 5:15 - 6:10pm MH RED MH Jazz	KD 5:30 - 6:15pm KD AGE 6-7 KD Hip Hop	GB 5:35 - 6:35pm GB YELLOW GB Jazz	JG 5:15 - 6:25pm JG PEACH JG Ballet JG with Pointe	NH 5:15 - 6:00pm NH PINK (6-7) NH Jazz - C NH 6:05 - 6:50pm NH ORANGE (10-12) NH Jazz - C NH 6:50 - 7:30pm NH GREEN (7-9) NH Hip Hop - C	CH 5:40 - 6:25pm CH RED CH Hip Hop - C CH 6:35 - 7:30pm CH PEACH CH Hip Hop - C	VP 5:15 - 6:00pm VP ORANGE (10-12) VP Ballet - C VP 6:00 - 6:45pm VP GREEN (7-9) VP Ballet - C VP 6:45 - 7:30pm VP AGE 8-9 VP Lyrical/Jazz
AS 6:15 - 7:00pm AS TEAL AS Jazz - C	JG 6:30 - 7:30pm JG BLUE JG Ballet	KK 6:15 - 7:00pm KK RED KK Lyrical - C	MH 6:10 - 6:55pm MH GREY MH Jazz	CM 6:20 - 7:00pm CM PURPLE CM Tap	GB 6:35 - 7:35pm GB Acro GB Class 4	JG 6:30 - 7:30pm JG RED JG Ballet	NH 6:30 - 7:30pm NH Jazz - C NH 6:50 - 7:30pm NH GREEN (7-9) NH Hip Hop - C	CH 6:35 - 7:30pm CH PEACH CH Hip Hop - C	VP 6:00 - 6:45pm VP GREEN (7-9) VP Ballet - C VP 6:45 - 7:30pm VP AGE 8-9 VP Lyrical/Jazz
MH 7:00 - 8:00pm MH YELLOW MH Jazz	JG 7:30 - 7:55pm JG Pointe	KK 7:00 - 8:00pm KK PEACH KK Contemporary	SC 7:00 - 7:45pm SC GREY SC Ballet	CM 7:05 - 7:45pm CM RED CM Tap	GB 7:35 - 8:30pm GB PEACH GB Technique Integration	CH 7:35 - 8:30pm CH BLUE/GREY CH Hip Hop - C	NH 7:30 - 8:15pm NH Age 10-12 NH Acro NH 8:15 - 9:00pm NH Age 10-12 NH Hip Hop	CH 7:40 - 8:40pm CH YELLOW CH Ballet	VP 7:30 - 8:00pm VP Flex & Fun VP 8:00 - 9:00pm VP AGE 13-17 VP Lyrical/Contemp
MH 8:00 - 9:00pm MH PEACH MH Jazz	SK 8:00 - 9:00pm SK Adult Ballet SK Sessional	KK 8:00 - 9:00pm KK GREY/BLUE KK Contemporary	SC 8:30 - 9:30pm SC TEAL SC Ballet	KD 8:30 - 9:15pm KD AGE 13-17 KD Hip Hop	GB 8:30 - 9:30pm GB Acro GB Class 5	CH 8:30 - 9:30pm CH Adult Hip Hop CH Sessional	NH 8:30 - 9:30pm NH Age 10-12 NH Hip Hop	CH 8:30 - 9:30pm CH Adult Hip Hop CH Sessional	VP 8:15 - 9:00pm VP Age 10-12 VP Jazz
	KK 9:00 - 9:30pm MH Flex & Fun	KK 9:00 - 9:30pm MH Flex & Fun	SC 9:00 - 9:30pm SC Ballet	KD 9:00 - 9:30pm KD Hip Hop					
FRIDAY - Studio A					SATURDAY - Studio E				
	NH 4:45 - 5:30pm NH Age 3-5 NH Jazz/Acro (Fri)	NH 5:30 - 6:15pm NH AGE 6-7 NH Jazz/Acro (Fri)	NH 6:15 - 7:00pm NH AGE 8-9 NH Jazz/Acro (Fri)		JG 9:00 - 9:45am JG Parent & Tot JG Sessional	JG 9:50 - 10:30am JG AGE 3 JG Ballet/Tap/Jazz (Sat)	JG 10:30 - 11:15am JG Age 4/5 JG Ballet/Tap/Jazz (Sat)		
SUNDAY - Glenmore Gymnastics					WEDNESDAY DAYTIME - Studio E				
Acro Booster Classes		3:30 - 4:30pm Booster 1	4:30 - 5:30pm Booster 2	5:30 - 7:00pm Booster 3	6 or 8 Week Sessional Classes:		KH 9:30 - 10:15am KH Parent & Tot	KH 10:15 - 11:00am KH AGE 4/5 KH Intro to Dance	