

2024/2025 ELITE DANCE SCHEDULE

Energy Division - Age 4

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