

2024/2025 ELITE DANCE SCHEDULE

Energy Division - Age 5

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 Ballet	GB 4:40 - 5:40pm AS Acro GB Class 1	KOS 4:40 - 5:40pm KOS Ballet	LH 5:00 - 5:45pm LH GREEN (7-9) LH ORANGE (10-12) 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 6:00 - 6:45pm K AGE 8-9	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 SK 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	KH PURPLE KH Jazz	MK Tap MK 7:15 - 8:15pm MK YELLOW	K 6:45 - 7:45pm K TEAL K Contemporary - C	GB 6:55 - 7:55pm NH Acro GB Class 3	KOS 6:55 - 7:55pm KOS BLUE KOS Ballet	LH 6:50 - 7:30pm LH GREEN (7-9) LH Acro	SK 6:45 - 7:30pm SK AGE 8-9 SK Hip Hop	NH 6:45 - 7:30pm NH PURPLE NH Ballet AC 1
VP 7:30 - 8:30pm PEACH Ballet	SK 7:00 - 8:00pm GREY SK Ballet	KH 7:30 - 8:00pm KH Flex & Fun KH 8:00 - 9:00pm KH Teal KH Jazz	MK Tap MK 8:15 - 9:15pm MK Inter/Adv MK Tap Drop In	K 7:45 - 8:45pm K AGE 13-17 K Jazz	GB 8:15pm NH High Fitness	KOS 8:15pm KOS Pointe KOS 8:30 - 9:30pm AS BLUE GB Jazz	SK 7:30 - 8:30pm SK PEACH SK Ballet	AS 7:30 - 8:15pm AS ORANGE (10-12) AS Hip Hop - C	LH 7:35 - 8:15pm LH 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 AS AGE 6-7 AS Jazz/Acro	JG 4:45 - 5:30pm SK Age 8-12	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 LH RED GB Jazz	JG 4:30 - 5:15pm KOS 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
AS 5:15 - 6:15pm AS BLUE AS Jazz	JG Musical Theatre SK 5:30 - 6:30pm SK YELLOW SK Ballet	KK 5:30 - 6:15pm KK PURPLE KK Lyrical - C	MH 5:15 - 6:10pm MH RED MH Jazz	KD 5:15 - 6:10pm KD AGE 6-7 KD Hip Hop	GB 5:35 - 6:35pm LH PEACH LH YELLOW LH Jazz	JG 5:15 - 6:25pm KOS PEACH JG Ballet JG with Pointe	NH 5:15 - 6:00pm NH PINK (6-7) NH Jazz - C	CH 5:40 - 6:25pm CH RED 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)
AS 6:15 - 7:00pm AS TEAL AS Jazz - C	JG 6:30 - 7:30pm SK BLUE SK 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 LH Acro LH Class 4	JG 6:30 - 7:30pm KOS RED JG Ballet	NH 6:05 - 6:50pm NH ORANGE (10-12) NH Jazz - 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
MH 7:00 - 8:00pm MH YELLOW MH Jazz	JG 7:30 - 7:55pm SK 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 LH PEACH LH Technique Integration	JG 7:35 - 8:30pm CH BLUE/GREY CH Hip Hop - C	NH 7:30 - 8:15pm NH Age 10-12 NH Acro	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
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 Hip Hop - C KD AGE 13-17 KD Hip Hop	GB 8:30 - 9:30pm LH Acro LH Class 5	JG 8:30 - 9:30pm CH Adult Hip Hop CH Sessional	NH 8:15 - 9:00pm NH Age 10-12 NH Hip Hop	JG 9:00 - 9:30pm JG Flex & Fun	VP Lyrical/Contemp
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