

2024/2025 ELITE DANCE SCHEDULE

Energy Division - Age 8-9

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) LH 4:40 - 5:40pm AS Acro	LH 4:30 - 5:00pm SK TAP - C SK GREEN/PINK LH 5:00 - 5:45pm SK GREEN (7-9)	SK 4:30 - 5:00pm NH AGE 3 - Ballet SK 5:00 - 5:45pm NH PINK (6-7) KOS 5:15 - 6:00pm KOS PURPLE	NH 4:30 - 5:15pm NH MAROON (4-5) NH Ballet/Jazz - C KOS 5:15 - 6:00pm KOS PURPLE
VP 5:00 - 5:45pm YELLOW Ballet	SK 5:00 - 6:00pm PURPLE 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		GB 4:40 - 5:40pm AS Acro GB Class 1 5:45 - 6:45pm NH Jazz	KOS 6:00 - 6:45pm KOS GREEN (7-9) LH 6:05 - 6:50pm LH ORANGE & 9-12 LH Acro	SK 6:45 - 7:30pm NH RED NH Ballet SK 7:30 - 8:15pm AS ORANGE (10-12) AS Hip Hop - C	NH 6:00 - 6:45pm KOS 6:45 - 7:30pm NH PURPLE NH 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
VP 5:45 - 6:30pm Age 10-12 Lyrical/Contemp	SK 6:00 - 6:30pm Pointe	KH 6:30 - 7:00pm KH Grey Jazz KH Continued	MK 6:15 - 7:15pm MK PEACH MK Tap	KH 6:45 - 7:45pm K TEAL K Contemporary - C		AS 6:55 - 7:55pm GB Class 3 NH Acro	LH 6:50 - 7:30pm LH GREEN (7-9) LH Acro	SK 7:30 - 8:15pm AS PEACH AS ORANGE (10-12) AS Hip Hop - C	NH 6:45 - 7:30pm SK AGE 8-9 SK Hip Hop LH 7:35 - 8:15pm LH AGE 10-14 LH Tap LH 8:15 - 9:00pm LH Age 10-12 LH Jazz
VP 6:30 - 7:30pm BLUE Ballet	SK 6:30 - 7:00pm Flex & Fun	KH 7:00 - 8:00pm KH PURPLE KH Jazz	MK 7:15 - 8:15pm MK YELLOW MK Tap	K 7:45 - 8:45pm K AGE 13-17 K Jazz		GB 8:30 - 9:30pm AS BLUE AS Jazz	SK 8:30 - 9:30pm AS PEACH AS Jazz		
VP 7:30 - 8:30pm PEACH Ballet	SK 7:00 - 8:00pm GREY Ballet	KH 7:30 - 8:00pm KH Flex & Fun	MK 8:15 - 9:15pm MK Inter/Adv MK Tap Drop In						
VP 8:30 - 9:00pm Pre-Pointe	SK 8:30 - 9:00pm Pointe	KH 8:00 - 9:00pm KH Teal KH Jazz	MK 8:15 - 9:15pm MK Inter/Adv MK Tap Drop In						
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 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 LH 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 BLUE Jazz	JG 5:30 - 6:30pm Musical Theatre	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 LH YELLOW LH Jazz	JG 5:15 - 6:25pm KOS PEACH JG Ballet	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
AS 6:15 - 7:00pm TEAL Jazz - C	JG 6:30 - 7:30pm BLUE Ballet	KK 6:15 - 7:00pm KK RED KK Lyrical - C	MH 6:10 - 6:55pm MH GREY MH Jazz	KD 6:20 - 7:00pm KD PURPLE KD 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
MH 7:00 - 8:00pm YELLOW Jazz	SK 7:30 - 7:55pm 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 JG 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 VP Lyrical/Contemp
MH 8:00 - 9:00pm PEACH Jazz	SK 8:00 - 9:00pm Adult Ballet Sessional	KK 8:00 - 9:00pm KK GREY/BLUE KK Contemporary	SC 8:30 - 9:30pm SC Age 10-14 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		
	KK 9:00 - 9:30pm MH Flex & Fun	KK 9:00 - 9:30pm MH Flex & Fun	SC 9:00 - 9:30pm SC Ballet						
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