

# 2024/2025 SCHEDULE

COLOUR LEGEND:		Recreational Program	Competitive Program	Ballet Program	Adult Program	Solos/Duos/Trios											
TIME	MONDAY	TEACHER	TIME	TUESDAY	TEACHER	TIME	WEDNESDAY	TEACHER	TIME	THURSDAY	TEACHER	TIME	FRIDAY	TEACHER	TIME	SATURDAY	TEACHER
<b>STUDIO 1</b>																	
3:20-4:30	Ballet Advanced 2+	Ms. Nicola	3:30-4:30	Ballet Advanced 1	Ms. Nicola	3:30-4:30	Pointe Intermediate Advanced	Ms. Nicola	3:30-4:30	Acro Level 1 Ages 6-8	Miss Katie	3:00-3:30	Pas De Deux Rehearsals	Mr. Tyler & Mr. Giovanni	9:15-10:00	SDC Team	Miss Paige
4:30-5:30	Ballet PBT Advanced	Ms. Nicola	4:30-5:30	Ballet PBT Advanced	Ms. Nicola	4:30-5:30	Ballet PBT Inter/Grade 6-8	Ms. Nicola	4:30-5:30	SDC Team	Miss Katie	3:30-4:30	Ballet Partnering	Mr. Tyler & Mr. Giovanni	10:00-11:00	Ballet Grade 3	Miss Paige
5:30-6:30	Ballet PBT SDC Level 6	Ms. Nicola	5:30-6:30	Ballet PBT Inter/Grade 6-8	Ms. Nicola	5:30-6:30	Ballet Advanced Vocational Open	Ms. Nicola	5:30-6:30	SDC Team	Miss Katie	4:30-5:30	Ballet Grade 5	Mr. Tyler	11:00-12:00	Ballet Grade 1	Miss Paige
6:30-7:30	Ballet Grade 6	Ms. Nicola	6:30-7:30	Ballet Grade 7	Ms. Nicola	6:30-7:30	Ballet Interfoundations	Ms. Nicola	6:30-7:15	SDC Team	Miss Katie	5:30-6:30	Ballet Interfound	Mr. Tyler	12:00-1:00	Ballet PBT Grade 1-3	Miss Paige
7:30-8:30	Ballet RAD Ballet Teen (Gr.6)	Ms. Nicola	7:30-8:30	Ballet Advanced Found	Ms. Nicola	7:30-8:30	Ballet Intermediate	Ms. Nicola	7:15-8:00	SDC Team	Miss Katie	6:30-7:30	Ballet Grade 7	Mr. Tyler	1:00-2:00	Ballet Grade 4	Miss Paige
8:30-9:15	Ballet Grade 8	Ms. Nicola	8:30-9:30	Adult Ballet Fitness	Ms. Nicola	8:30-9:30	Ballet Grade 6	Ms. Nicola	8:00-8:45	SDC Team	Miss Katie	7:30-8:30	Ballet RAD Ballet Teen (Gr. 6)	Mr. Tyler	2:00-3:00	Pointe Intermediate	Miss Paige
									8:45-9:30	SDC Team	Miss Katie				3:00-5:00	JUNIOR SOLOS	ROTATING
<b>STUDIO 2</b>																	
1:50-2:50	Wk 1. NVSD Jazz Tech 7/8	Ms. Belinda	1:50-3:00	Wk 2. Ballet Pointe Advanced	Miss Paige	1:50-3:00	Wk 1 Ballet Pointe Advanced	Ms. Nicola	1:50-3:00	Wk 2. NVSD Jazz Tech	Miss Lauren	1:50-3:30	Wk 1. SOLOS	ROTATING	9:30-10:15	Ballet Stars Ages 3/4	Miss Megan
3:30-4:30	Jazz Tech 2	Ms. Belinda	3:30-4:30	Company Tech 4/5	Miss Lauren	3:00-3:45	Wk 1. SDC Team	Miss Lauren	3:00-3:45	Wk2 SDC Team	Miss Lauren	3:30-4:30	Tap Ages 9-13	Mr. Jakob	10:15-11:00	SDC Team	Miss Megan
4:30-5:30	Jazz Tech 3	Ms. Belinda	4:30-5:30	Company Tech 7	Miss Lauren	3:45-4:30	SDC Team	Miss Lauren	3:45-4:30	SDC Team	Miss Lauren	4:30-5:30	Acro Level 2	Mr. Jakob	11:00-11:45	Ballet Primary	Miss Megan
5:30-6:30	Jazz Tech 4/5	Ms. Belinda	5:30-6:30	Company Tech 8/9	Miss Lauren	4:30-5:30	SDC Team	Miss Lauren	4:30-5:30	SDC Team	Miss Lauren	5:30-6:30	SDC Team	Mr. Jakob	12:00-1:00	Contemporary Ages 10+	Miss Megan
6:30-7:30	Jazz Tech 6	Ms. Belinda	6:30-7:30	SDC Team	Miss Lauren	5:30-6:30	Acro Level 2	Mr. Jakob	5:30-6:30	Improv	Miss Lauren	6:30-7:30	Samba Tech Open Ages 8+	Ms. Heaven	1:00-2:00	Acro Level 1 Ages 9-11	Miss Megan
7:30-8:30	Jazz Tech 7-9	Ms. Belinda	7:30-8:15	SDC Team	Miss Lauren	6:30-7:30	SDC Team	Miss Jenna	6:30-7:15	SDC Team	Miss Lauren	7:30-8:30	Acro Level 3	Mr. Jakob	2:00-3:00	SDC Team	Miss Megan
			8:15-9:00	SDC Team	Miss Heaven/M	7:30-8:30	SDC Team	Miss Jenna	7:15-8:00	SDC Team	Miss Lauren	8:30-9:30	SDC Team	Mr. Jakob	3:00-5:00	JUNIOR SOLOS	ROTATING
			9:00-9:30	SDC Team	Miss Lauren	8:30-9:30	SDC Team	Miss Jenna	8:00-9:00	SDC Team	Miss Lauren						
<b>STUDIO 3</b>																	
2:50-3:20	Wk 1 SDC Team	Miss Paige										1:20-1:50	Tap Ages 13+	Miss Paige			
3:30-4:30	Ballet Advanced 1	Miss Paige	3:30-4:30	Broadway Bound Ages 9-12	Miss Jessica	3:30-4:30	Acro Level 1 Ages 12+	Miss Katie	3:45-4:30	Ballet Stars Ages 3/4	Miss Jessica	3:30-4:30	Ballet Grade 1	Miss Paige	9:15-10:15	Ballet Pre-Primary	Miss Jessica
4:30-5:30	Ballet Primary	Miss Paige	4:30-5:30	Ballet Pre-Primary	Miss Jenna	4:30-5:30	Jazz Ages 8/10	Miss Katie	4:30-5:30	Ballet Pre-Primary	Miss Jessica	4:30-5:30	SDC Team	Miss Paige	10:15-11:00	Ballet Stars Ages 3/4	Miss Jessica
5:30-6:30	Ballet Advanced Found	Miss Paige	5:30-6:30	SDC Team	Miss Jenna	5:30-6:30	Jazz Ages 11/12	Miss Katie	5:30-6:30	Ballet Grade 2	Ms. Sam	5:30-6:30	Ballet Grade 4	Miss Paige	11:00-11:45	Ballet Stars Ages 3/4	Miss Jessica
6:30-7:30	Ballet PBT Grade 4-5	Miss Paige	6:30-7:30	Company Tech 2/3	Miss Jenna	6:30-7:30	Jazz Teen Ages 13+	Miss Katie	6:30-7:30	Ballet Grade 4	Ms. Sam	6:30-7:30	Ballet Grade 3	Miss Paige	12:00-1:00	Broadway Bound Ages 5-9	Miss Jessica
7:30-8:30	SDC Team	Miss Paige	7:30-8:15	SDC Team	Miss Jenna	7:30-8:30	Lyrical Teen Ages 13+	Miss Katie	7:30-8:30	Ballet Intermediate	Ms. Sam	7:30-8:30	SDC Team	Miss Paige	1:00-2:00	Hip Hop Ages 6-8	Miss Jessica
8:30-9:15	Pointe Beginner	Miss Paige	8:15-9:00	SDC Team	Miss Jenna	8:30-9:30	SDC Team	Miss Katie	8:30-9:30	Ballet Grade 5	Ms. Sam				2:00-3:00	Jazz & Lyrical 5-8	Miss Jessica
			9:00-9:30	SDC Team	Miss Jenna										3:00-5:00	JUNIOR SOLOS	ROTATING
<b>STUDIO 4</b>																	
3:30-4:30	Jazz & Tap Ages 6-9	Miss Nicole	3:20-4:30	Ballet Advanced 2+	Miss Paige	3:30-4:30	SDC Team	Mr. Jakob	3:30-4:30	Jazz & Tumble Ages 6-8	Ms. Heaven	3:30-4:30	SDC Team	Miss Milaina	9:00-9:45	Breaking & Hip Hop Beginner Ages 4-6	Mr. Magnus
4:30-5:30	Acro Level 1 Ages 9-10	Miss Nicole	4:30-5:30	SDC Team	Miss Paige	4:30-5:30	SDC Team	Mr. Jakob	4:30-5:30	Ballet Grade 1	Ms. Heaven	4:30-5:30	Hip Hop 11-12	Miss Milaina	9:45-10:30	Breaking & Hip Hop Beginner Ages 6-9	Mr. Magnus
5:30-6:30	Hip Hop Ages 9-10	Mr. Joshua	5:30-6:30	SDC Team	Miss Paige	5:30-6:30	Hip Hop Teen Ages 13+	Mr. Joshua	5:30-6:00	SDC Team	Ms. Heaven	5:30-6:30	Lyrical Ages 9-12	Miss Milaina	10:30-11:30	Breaking Intermediate Ages 10+	Mr. Magnus
6:30-7:30	Hip Hop Ages 11-12	Mr. Joshua	6:30-7:30	Ballet Grade 2	Miss Paige	6:30-7:30	SDC Hip Hop Tech (Lvl 4/5)	Mr. Joshua	6:00-6:30	SDC Team	Ms. Heaven	6:30-7:30	SDC Team	Miss Milaina	11:30-12:30	SDC Team	Mr. Magnus
7:30-8:30	Adult Hip Hop	Mr. Joshua	7:30-8:30	Ballet PBT Grade 4-5	Miss Paige	7:30-8:30	SDC Team	Mr. Joshua	6:30-7:30	Ballet Grade 3	Ms. Heaven	7:30-8:30	SDC Team	Miss Milaina	12:30-1:30	Breaking Tech/Conditioning	Mr. Magnus
8:30-9:15	SDC Team	Mr. Joshua				8:30-9:30	Hip Hop Teen Ages 13+	Mr. Joshua	7:30-8:30	Samba Tech Open Ages 8+	Ms. Heaven				1:30-2:30	SDC Team	Mr. Magnus
									8:45-9:30	Ballet Grade 8	Ms. Heaven						
<b>STUDIO 5- ** FORESTER FITNESS LOCATION</b>																	
4:30-5:30PM	ACRO LEVEL 1 FITNESS	JAKOB				3:30-4:30pm	Jazz & Tumble Ages 6-8 FITNESS	Miss Jessica	4:30-5:30	HIP HOP TEEN FITNESS	MR JOSHUA	4:30-5:30	CONTEMPORARY 10+ FITNESS	HAILEIGH	9:00-9:45	Breaking & Hip Hop Beginner Ages 4-6	Mr. Magnus
5:30-6:30PM	ACRO LEVEL 1 FITNESS	JAKOB				4:30-5:30pm	Broadway Bound Ages 7-12 FITNESS	Miss Jessica	5:30-6:30	HIP HOP 9-10 FITNESS	MR JOSHUA	5:30-6:30	LYRICAL 9-12 FITNESS	HAILEIGH	9:45-10:30	Breaking & Hip Hop Beginner Ages 4-6	Mr. Magnus
6:30-7:30PM	ACRO LEVEL 2 FITNESS	JAKOB							6:30-7:30	HIP HOP 11-12 FITNESS	MR JOSHUA	6:30-7:30	JAZZ 9-12 FITNESS	HAILEIGH	10:30-11:30	Breaking & Hip Hop Beginner Ages 4-6	Mr. Magnus
									7:30-8:30	ADULT HIP HOP/ALUMNI FITNESS	MR. JOSHUA				11:30-12:30	SDC Breaking Crew 1	Mr. Magnus
															12:30-1:30	Breaking Tech/Conditioning	Mr. Magnus
															1:30-2:30	SDC Breaking Crew 2	Mr. Magnus