

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2
						9.30-11.00am Hy-Fi Littles & Co							
3.45-4.30pm Tiny Hip Hop Competition Team (2 to 5 years)	4.00-4.45pm Urban Energy: Foundations Cardio, agility, basic core work & hip hop foundations class (6-12 years)	3.45-4.45pm Ready Set Dance (2-5 years)	3.45-4.45pm Junior Hip Hop Competition (8-16 years)	3.45-4.30pm Intermediate & Open Recreational Jazz & Contemporary Class (10-17 years)	4.00-4.45pm Co-Ed Recreational Hip Hop Crew (All Ages)	3.45-4.45pm Senior Jazz Competition Team (11-18 years)	3.45-4.45pm Beginner Acrobatics Class Skill based placement		3.45-4.45pm Junior Lyrical Competition Team (8-16 years)	4.00-4.45pm Beginner Recreational Jazz & Contemporary Class (6-9 years)	3.45-4.45pm Ready Set Dance (2-5 years)	3.45-4.45pm Youth Pom Competition Team (6 to 12 years)	
4.30-5.15pm Tiny Jazz & Pom Competition Team (2 to 5 years)	4.45-5.45pm Power & Grace: Essentials & Elevate Foundations Introductory strength, flexibility, basic ballet and technical work class (6+ years)	4.45-5.30pm Baby Ballet (2-5 years)	4.45-5.45pm Senior Hip Hop Competition Team (11-18 years)	4.45-5.30pm Intermediate Recreational Hip Hop Class (10-13 years)		4.45-5.45pm Senior Lyrical Competition Team (11-18 years)	4.45-5.45pm Intermediate Acrobatics Class Skill based placement	4.30-5.30pm Ready Set Dance (2-5 years)	4.45-5.45pm Junior Pom Competition Team (8-16 years)	4.45-5.30pm Beginner Recreational Hip Hop Class (6-9 years)		4.45-6.15pm Youth Jazz & Lyrical Competition Team (6 to 12 years)	
5.45-6.45pm Youth Hip Hop Competition (6 to 12 years)			5.45-6.45pm Industry Bound Sessions Rotating Choreographers, Coach's, Skill based training for all dancers (12+ years)	5.30-6.15pm Beginner Recreational Pom Class (6 – 9 years)		5.45-6.45pm IASF Open Pom Competition Team *application only	5.45-6.45pm Advanced Acrobatics Class Skill based placement		5.45-6.45pm Power & Grace: Elite Skill based placement	5.30-6.30pm Promotional Squad Training (6+ years)		6.15-7.15pm Senior Intermediate Pom Competition Team (18 years & younger)	
6.45-7.45pm Elevate: Mastery Technique, Alignment & Refinement Class (12+ years) (TEMPORARY CHANGE 3.2.25 – 7.4.25)			6.45-7.45pm Open Hip Hop Competition Team (14+ years)	6.45-7.45pm Urban Energy: Level Up Advanced high intensity fitness, strength & hip hop foundations class (12+ years)		6.45-7.45pm Open Jazz Competition Team *application only	6.45-7.45pm Intermediate Recreational Pom Class (10+ years)	6.30-7.30pm Adult Beginner Hip Hop (16+ years)	6.45-7.45pm Junior Jazz Competition Team (8-16 years)	6.45-7.45pm Adult Beginner Jazz (16+ years)			
7.45-8.45pm Adult Hip Hop Competition (18+ years)	7.45-8.45pm Elevate: Mastery Technique, Alignment & Refinement Class (12+ years) (TEMPORARY CHANGE 3.2.25 – 7.4.25)		7.45-9.00pm IASF Open Co-Ed Hip Hop Competition Team *application only			7.45-8.45pm IASF Open Lyrical Competition Team *application only	7.45-8.45pm Open Recreational Hip Hop Class (13+ years)		7.45 – 8.45pm Adult Pom Competition Team (18+ years)	7.45-8.45pm Heels Class (16+ years)	7.45-8.45pm Elevate: Mastery Technique, Alignment & Refinement Class (12+ years)		

DUO/
SOLO PRIVATES

**FREE TRIAL WEEK FOR ALL NEW ENQUIRIES!
SCAN HERE FOR OUR 2025 DIGITAL ENROLMENT FORM!**

