

STUDIO	REHEARSAL ROOM	HALL STUDIO	HALL STUDIO	HALL STUDIO	HALL STUDIO
TIME	MON	TUE	WED	THU	FRI
3:30-4:00	PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING
4:00-4:30	KINDER	PRE/PRIMARY+	LEVEL 1	LEVEL 1	PRIVATE COACHING
4:30-5:00					PRIVATE COACHING
5:00-5:30	PRE/PRIMARY+	PREPARATORY 1	STRETCH	LEVEL 3	LEVEL 3
5:30-6:00			LEVEL 2		
6:00-6:30	ADULT BALLET BEGINNERS	LEVEL 2		CONTEMPORARY	STRETCH
6:30-7:00			ADULT FLEXICORE		
7:00-7:30	PRIVATE COACHING	PRIVATE COACHING		PRIVATE COACHING	PRIVATE COACHING
7:30-8:00					

	Class	Age	Description
	Kinder	3-5yo	Introduction to Ballet through creative movement and imagination
	Pre/Primary+	5-7yo	Pre-Primary Ballet, with additional Primary exercises for students turning 7
	Preparatory 1	7-8yo	BC Preparatory 1, with additional floor work and stretching for flexibility
	Level 1	8-9yo	BC Grade 1, with additional floor work and stretching for flexibility
	Level 2	9-11yo	BC Grade 2, with additional Pre-Pointe training for students 10-11yo
	Level 3	11-13yo	BC Grade 3, with additional Pointe training for students 11yo+
	Stretch/Contemporary	8yo+	Stretch is encouraged for 8yo+ Contemporary is important for 10yo+
	Adults Ballet Beginners	16yo+	Beginners ballet for those looking to build flexibility, posture and strength
	Adults Flexicore	16yo+	Flexibility and pilates-style conditioning for Adults, to assist with ballet training and general wellbeing
	Private Coaching	All Ages	Suitable for all ages and abilities, genres and needs