



# 2022 TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	3:30 - 4.00pm <b>Private Lesson Available (30 mins)</b>	3:30 - 4.00pm <b>Private Lesson Available (30 mins)</b>			3:30 - 4.00pm <b>Private Lesson Available (30 mins)</b>		3:30 - 4.00pm <b>Private Lesson Available (30 mins)</b>
4:00- 5:00pm <b>Beginner Acrobatics - Handstands &amp; Cartwheels Mastery (7+ years)</b>	4:00 - 5:00pm <b>Youth Recreational Cheer (7-12 years)</b>	4:00 - 4:45pm <b>Youth Musical Theatre (7 - 12 years)</b>	3:45 - 4:30pm <b>Tiny Toes Gymnastics &amp; Jazz (3-4 years)</b>	4:00 - 5:30pm <b>Youth Novice Jazz &amp; Pom ~ (9-12 years)</b>	4:00 - 4:45pm <b>Youth Recreational Hip Hop (7-12 years)</b>	4:00 - 5:00pm <b>Youth Novice Ballet &amp; Contemporary ~ (9-12 years)</b>	4:00 - 5:00pm <b>Youth Recreational Gymnastics, Jazz &amp; Pom (7-12 years)</b>
5:00 - 6:00pm <b>Advanced Acrobatics - Back/Front Handspring &amp; Aerial Focus Group (7+ yrs)</b>	5:00 - 6:00pm <b>Kinder Gymnastics &amp; Ballet (5-6 years)</b>	4:45 - 5:30pm <b>Pre-Professional Training (Mini AS &amp; Novice athletes)</b>	4:30 - 5:30pm <b>Kinder Gymnastics, Jazz &amp; Pom (5-6 years)</b>		4:45 - 5:30pm <b>Junior Nov Contemporary~ (13-15 years)</b>	5:00 - 6:00pm <b>Senior Level 2 Cheer - KDF Kobraz (11-19 years)*</b>	5:00 - 6:00pm <b>Youth Novice Hip Hop (9-12 years)</b>
6:00 - 7:00pm <b>Youth Level 1 Cheer - KDF Kittenz* (8-12 years)</b>	6:00 - 7:00pm <b>Advanced Contortion**</b>	5:30 - 6:15pm <b>Pre Professional Training (All-Star Athletes)</b>	5:30 - 7:00pm <b>Mini All-Star Ballet, Jazz &amp; Pom***~ (7-9 years)</b>	5:30 - 6:30pm <b>Senior All-Star Contemporary ~ (16-19 years)</b>	5:30 - 6:15pm <b>Junior Novice Hip Hop (13-15 years)</b>	6:00 - 7:00pm <b>Junior Level 1 Cheer - KDF Katz (10 - 15 years)*</b>	6:00 - 7:00pm <b>Senior Hip Hop (16-19 years)</b>
7:00 - 8:00pm <b>Level 2/3 Tumbling - Round Off Back Handspring &amp; Back Tuck Focus Group (Kobraz)</b>	7:00 - 7.45pm <b>Intermediate Contortion (6-18 years)****</b>	6:15 - 7:00pm <b>Senior High Kick~ (Selective Team) (13+ years)</b>		6:30 - 7:15pm <b>Senior All-Star Jazz ~ (16-19 years)</b>	6:30 - 7:15pm <b>Junior Novice Jazz ~ (13-15 years)</b>	7:15 - 8:15pm <b>Junior All-Star Jazz ~ (Selective Team)</b>	7:00 - 7:30pm <b>Junior DD Hip Hop /Youth DD Hip Hop (Alternate weeks)</b>
8:00 - 8:30pm <b>Junior L2 Stunt Senior L2 Stunt Junior L1 Stunt</b>	7:45 - 8:45pm <b>Private Lessons Booked (30 mins)</b>	7:00 - 7:45pm <b>Tap Stars (Open Age Tap) (13+ years)</b>	7:00 - 7:30pm <b>Youth DD Jazz (Alternate weeks)</b>		7:15 - 8:00pm <b>Junior All-Star Pom ~ 13-15 years)</b>		7:30 - 8:00pm <b>Private Lesson Available</b>
	<b>Studio 3</b>	7:45 - 8:15pm <b>Junior DD Contemporary (odd weeks)</b>	7:30 - 8:00pm <b>Senior DD Jazz (odd weeks)</b>		8:00 - 8:30pm <b>Junior DD Pom / Private lesson (Alternate Weeks)</b>	8:15 - 8:45pm <b>Senior L3 Stunt Assisted Partner Stunt L2 (Alternate weeks)</b>	
	4:00 - 5:00pm <b>Tiny Toes Gymnastics &amp; Ballet (3-4 years)</b>	8:15 - 8.45pm <b>Private Lesson Booked (30 mins)</b>			<b>Studio 3</b>		
	5:00 - 6:00pm <b>Level 1 Tumbling (Kittenz &amp; Katz Cheer Athletes)</b>				5:00 - 5:30pm <b>Private Lesson Available (30 mins)</b>		
	6:00- 7:00pm <b>Intermediate Acrobatics - (Walkovers &amp; Round offs) (7+ years)</b>						
	7:00- 8:00pm <b>Private Lessons Available (30/60 mins)</b>						

School pick up will be available each day from St Ambrose  
 DD = Dance Double (invitation only)  
 Age of athlete as at 31st December 2022

Private Lessons: Subject to availability. Will require upfront payment to confirm lesson time. Please speak to Sophia to confirm.  
 \*\*\*All-Star team so previous dance/gym experience required. All students must be be enrolled into Pre-Professional, Acro or Inter Contortion.  
 ~ Competitive team. Pre-Professional Training is required.