



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