

| TIME | MONDAY | | | TIME | TUESDAY | | | TIME | Wednesday | | |
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| | STUDIO 2 2499 RUTHERFORD ROAD | | STUDIO 3 399 FOUR VALLEY DRIVE | | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 399 FOUR VALLEY DRIVE | | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 2499 RUTHERFORD ROAD |
| 5:00PM - 6:00PM | Grade 4 Ballet Mrs. Sutherland | Company A Tech Tracy | | 5:00PM - 6:00PM | Grade 1 Ballet Mrs. Lizzie | | Mini Acro Julia | 5:00PM - 6:00PM | Jr/Inter Tap Victoria | Mini Acro Alexia | |
| 6:00PM - 7:00PM | Grade 5 Ballet Mrs.Sutherland | Company B/C Tap Lauren | Primary Ballet/Acro (60 min) Nicole | 6:00PM - 7:00PM | Company D Jazz Technique Lauren | Company E Tech Victoria | Junior/Inter Hip Hop Julia | 6:00PM - 7:00PM | Jr/Inter Jazz Victoria | Mini Hip Hop Alexia | NEW! Flexibility and Stretch (8 and under) Nicole |
| 7:00PM - 8:00PM | Company A/B Contemporary Lauren/Jessica | Company C Jazz Tech Tracy | | 7:00PM - 8:00PM | Company D Tap Lauren | Company E Tap Victoria | Jr/Inter Contemporary Julia | 7:00PM - 8:00PM | Jr/Inter Acro Victoria | NEW! Jazz (9 and over) Alexia | NEW! Jazz (8 and under) Nicole |
| 8:00PM - 9:00PM | Company A/B Stretch and Strength Tracy | Company C Contemp Lauren | D'Air Movement Latin Fusion/Hip Hop Cristina | 8:00PM - 9:00PM | Company D Contemp Lauren | D'Air Movement Tap/Contemporary/Jazz Victoria | | 8:00PM - 9:00PM | D'Air Movement Ballet Victoria | | |
| TIME | THURSDAY | | | TIME | FRIDAY | | | <div>Age Divisions (Age as of Dec 2024)</div> <div>Little Stars/Funkytown/Tumble Tots/Mommy and Me: 1.5-3 yrs</div> <div>Primary: 4-5 years old</div> <div>Mini: 6-8 years old</div> <div>Junior: 9-11 years old</div> <div>Inter: 12+ years old</div> <div>Teen: 13+ years old</div> | | | |
| | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 399 FOUR VALLEY DRIVE | | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 399 FOUR VALLEY DRIVE | | | | |
| 5:00PM - 6:00PM | Grade 2 Ballet Mrs. Sutherland | Company B Tech Lauren | NEW! Primary Combo (Ballet/Hip Hop/Acro) Isabella | 10:30AM - 11:30AM | | | | | | | |
| 6:00PM - 7:00PM | Grade 3 Ballet Mrs.Sutherland | Company A Jazz Lauren/Jess | Primary Hip Hop/Jazz Isabella | 5:00PM - 6:00PM | Pre-Primary Ballet EXAM Lizzie | Company E Jazz Lauren/Jess | | | | | |
| 7:00PM - 8:00PM | Company B Jazz Julia | Company C Jazz Lauren/Jess | | 6:00PM - 7:00PM | Primary Ballet EXAM Lizzie | | Primary Ballet/Jazz/Acro 5:45-7:15PM (90 Min) Alexia | | | | |
| 8:00PM - 9:00PM | Company C Acro Lauren | Company A/B Acro Jess | D'Air Movement Barre Flow Tracy | 7:00PM - 8:00PM | Grade 1 Ballet EXAM Lizzie | | | | | | |
| TIME | SATURDAY | | | TIME | SUNDAY | | | | | | |
| | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 399 FOUR VALLEY DRIVE | | STUDIO 1 2499 RUTHERFORD ROAD | STUDIO 2 2499 RUTHERFORD ROAD | STUDIO 3 399 FOUR VALLEY DRIVE | | | | |
| 9:00AM - 10:00AM | Little Combo (Ballet/Hip Hop/Acro) 9-10AM Nicole | Grade 1 Ballet F Lauren | Little Combo (Ballet/Hip Hop/Acro) 9-10AM Victoria | 9:00AM - 9:45AM | NEW! Little Combo (Ballet/Hip Hop/Acro) 9-9:45AM Alexia | | | | | | |
| 10:00AM - 11:00AM | NEW! Little Combo (Ballet/Hip Hop/Acro) 10-11AM Jenna | Mini Acro Lauren | Pre-Primary Ballet Foundations Victoria | 9:45AM - 10:30AM | Little Stars Ballet/Jazz 2 9:45-10:30AM Isabella C | Funkytown Movers Hip Hop/Tap 2 9:45-10:30AM Alexia/Jenna | Little Stars Ballet/Jazz 9:45-10:30AM Nicole | | | | |
| 11:00AM - 12:00PM | Company A/B Tap Jessica/Lauren | Grade 3 Ballet Mrs.Sutherland | Primary Ballet/Acro Victoria | 10:30AM - 11:30AM | Primary Hip Hop Alexia DiRuscio | Tumble Tots 10:30-11:15AM Isabella C | Primary Ballet Foundations Nicole | | | | |
| 12:00PM - 1:00PM | Grade 2 Ballet Mrs. Sutherland | Company A/B/C Extended Line | | 11:30AM - 12:30PM | Mini Tap Alexia Deruscio | Pre-Primary Ballet Foundations 11:15AM-12:15PM Isabella C | Primary Acro/Jazz Nicole | | | | |
| 1:00PM - 2:00PM | Grade 5 Ballet Mrs.Sutherland | Company D Extended Line Julia | | 12:30PM - 1:30PM | Mini Hip Hop Alexia Deruscio | | | | | | |
| 2:00PM-3:00PM | Grade 4 Ballet Mrs. Sutherland | Company D Acro Lauren | | 2:00PM-3:00PM | | | | | | | |
| 3:00PM-4:00PM | Company A/B Hiphop Julia | Company D Jazz Lauren | | 3:00PM-4:00PM | | | | | | | |