

ROCK *the* BLOCK DANCE + CIRCUS

YOUR NEXT STEP

2019 TIMETABLE

Monday

Studio 1		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:45pm	Level 8 Tap	Miss Robyn
4:45pm-5:30pm	Intermediate Cheer	Miss Robyn
5:30pm-6:15pm	Senior Cheer	Miss Robyn
6:15pm-7:00pm	Burlesque/Chorus Line	Miss Robyn (Age 15+ Only)
7:00pm 7:45pm	Senior Open Ballet	Miss Brooke
7:45pm-8:30pm	Pointe	Miss Brooke

Studio 2		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:45pm	Intermediate/ Senior Open Tap	Miss Christie
4:45pm-5:30pm	Senior Hip Hop	Shane
5:30pm-6:15pm	Intermediate Hip Hop	Shane
6:15pm-7:00pm	Intermediate Open Ballet	Miss Brooke
7:00pm 8:00pm	14/U Troupe	Miss Robyn
8:00pm-8:30pm	Eva L Solo	Miss Robyn

Studio 3		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:45pm	Level 9 Tap	Miss Emily
4:45pm-5:15pm	Bella Solo	Miss Brooke
5:15pm-5:45pm	Mariah solo	Miss Brooke
5:45pm-6:15pm	Lara V Solo	Miss Brooke
6:15pm 7:00pm		
7:00pm-7:30pm		

Tuesday

Studio 1		
Times	Class	TEACHER
3:30pm 4:00pm	Bella Solo	Miss Robyn
4:00pm-4:45pm	Grade 7 Tap	Miss Robyn
4:45pm-5:30pm	PRE Inter Ballet	Miss Robyn
5:30pm-6:15pm	Pre Intermediate and Intermediate recreational Cheer	Miss Robyn
6:15pm-7:00pm	Pre Intermediate and Intermediate recreational Hip Hop	Shane
7:00pm 8:15pm	12/u Troupe	Miss Christie
8:15pm-8:45pm		

Studio 2		
Times	Class	TEACHER
3:30pm 4:00pm		
4:00pm-4:45pm	Grade 5A Tap	Miss Christie
4:45pm-5:30pm	Junior Adv Ballet	Miss Christie
5:30pm-6:15pm	Adv Junior Hip Hop	Shane
6:15pm-7:00pm	Adv Junior Cheer	Miss Christie
7:00pm-7:30pm		
7:30pm-8:00pm		

Studio 3		
Times	Class	TEACHER
3:30pm 4:00pm		
4:00pm-4:45pm	Boys Only DanceFit (3-5 years)	Shane
4:45pm-5:30pm	Boys Only Hip Hop	Shane
5:30pm-6:15pm		
6:15pm-7:00pm		
7:00pm-7:30pm		
7:30pm-8:00pm		

Wednesday

Studio 1		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:45pm	Intermediate lyrical	Miss Adriana
4:45pm-5:30pm	Intermediate Contemporary	Miss Adriana
5:30pm-6:15pm	Strength/conditioning and Stretch/Technique	Miss Robyn
6:15pm-7:00pm	Intermediate jazz	Miss Adriana
7:00pm-7:45pm	Senior Lyrical	Miss Adriana
7:45pm-8:30pm	Senior Contemporary	Miss Adriana
8:30pm-9:00pm	Savannah N Solo	Miss Adriana

Studio 2		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:45pm	Adv junior/pre inter lyrical	Miss Jess
4:45pm-5:30pm	Advance junior /pre inter Contemporary	Miss Jess
5:30pm-6:15pm	Senior Jazz	Miss Adriana
6:15pm-7:00pm	Advance junior /pre inter Jazz	Miss Jess
7:00pm-7:45pm	Musical Theatre	Miss Christie
7:45pm-8:15pm	Shayley Solo	Miss Christie
8:15pm-8:45pm		

Studio 3		
Times	Class	TEACHER
3:30pm-4:00pm	Elouise Solo	Miss Robyn
4:00pm-4:30pm	Tiny Tots Ballet	Miss Robyn
4:30pm-5:00pm	Tiny Tots Jazz	Miss Robyn
5:00pm-5:30pm	Level 12 tap	Miss Robyn
5:30pm-6:15pm	Level 10 Tap	Miss Emily
6:15pm-7:00pm		
7:00pm-7:45pm		
7:45pm-8:15pm		

Thursday

Studio 1		
Times	Class	TEACHER
4:00pm-4:45pm	Junior Lvl 1 Silk	Blake Assistant - Kasey
4:45pm-5:30pm	Teen Lvl 1 Silk	Blake Assistant - Kasey
5:30pm-6:15pm	Level 2 silk	Blake Assistant - Kasey
6:15pm-7:00pm	Junior Lyra	Blake Assistant - Bri
7:00pm-7:45pm	Teen Lyra	Blake Assistant - Bri
7:45pm-8:30pm	Level 2 Lyra	Blake Assistant - Bri
8:30pm-9:30pm	Level 3 Lyra	Blake

Studio 2		
Times	Class	TEACHER
3:30pm-4:00pm	Level 3 Tap	Miss Emily
4:00pm-4:30pm	Junior Jazz	Miss Emily
4:30pm-5:15pm	Junior Ballet	Miss Jessica
5:30pm-6:15pm	Acrobatics 1	Miss Adriana
6:15pm-7:00pm	Acrobatics 2	Miss Adriana
7:00pm-7:45pm	Acrobatics 3	Miss Adriana
7:45pm-8:15pm	Kaliska Solo	Miss Adriana

Studio 3		
Times	Class	TEACHER
3:30pm-4:00pm	Level 1 Tap	Miss Jess
4:00pm-4:30pm	Nadia Solo	Miss Jess
4:30pm-5:15pm		
5:15pm-6:00pm		
5:30pm-6:15pm		
6:15pm-7:00pm		
7:00pm-7:45pm		

Friday

Studio 1		
Times	Class	TEACHER
4:00pm-4:45pm	Junior Lyra	Blake Assistant - Ash
4:45pm-5:30pm	Level 1 / Level 2 Hammock	Blake Assistant - Ash
5:30pm-6:15pm	Level 3 Hammock	Blake
6:15pm-7:45pm	Level 4 Silk	Miss Mel

Studio 2		
Times	Class	TEACHER
3:30pm 4:00pm		
4:45pm-6:00pm	RAD Inter foundations	Miss Brodie
6:00pm-6:45pm	Pointe/ Progressive Ballet Technique	Miss Brodie
6:00pm-6:45pm		

Studio 3		
Times	Class	TEACHER
3:30pm-4:00pm		
4:00pm-4:30pm		
4:30pm-5:15pm		
5:15pm-6:00pm		

Saturday

Studio 1		
Times	Class	TEACHER
8:30am-9:00am	Tiny Tumblers	Miss Jess
9:00am-9:45am	Acro 1/2	Miss Jess
10:00-10:45am	Level 1 Silk	Miss Courtney Assistant - Kasey
10:45-11:30am	Level 2 Silk	Miss Courtney Assistant - Kasey
11:30am-12:15pm	Beginner Contortion	Miss Mel
12:15pm-1:00pm	Contortion Extension	Miss Mel
1:00pm-1:45pm	Level 3 Acro	Miss Mel
1:45pm-2:45pm	Level 3 Silk	Miss Mel
2:45pm 3:45pm	Elite	Miss Mel

Studio 2		
Times	Class	TEACHER
8:30am-9:00am		
9:00am-9:30am	Tiny Tots Jazz	Miss Emily
9:30am-10:00am	Tiny Tots Ballet	Miss Emily
10:00am-10:30am	Level 2 Tap	Miss Emily/Miss Elise
10:30am-11:00pm	Junior Jazz	Miss Emily/ Miss Elise
11:00pm-11:30pm	Junior Ballet	Miss Jess
11:30pm-12:15pm	8/u Troupe	Miss Emily
12:15pm-12:45pm		

Studio 3		
Times	Class	TEACHER
8:30am-9:00am		
9:00am-9:30am		
9:30am-10:00am		
10:00am-10:30am		
10:30am-11:00pm		
11:00pm-11:30pm		
11:30pm-12:15pm		
12:15pm-1:00pm		

AGE GROUPS

DANCE	AERIAL – SILKS/HAMMOCK/LYRA	ACRO/ CONTORTION
Tiny Tots: 3-5 years	Beginners – 6-11 years	Based on experience
Juniors: 6-7 Years	Level 1 –8-teen years	
Advanced Juniors: 8-10 years	Level 2-4 Based on experience	
Pre Intermediate: 10-12 years		
Intermediate Recreational: 13-15 years (For those students who only take part in only cheer and hip hop)		
Intermediate: 13-15 years		
Seniors 16 years +		