

SHIFT

DANCE ACADEMY

SCHEDULE 2017/2018

MONDAY

TUESDAY

	<u>Studio1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>		<u>Studio1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>
1:30-2:30	Grade 5 Ballet 1:30-3:00pm	Grade 6 Ballet 1:30-3:00			1:30-2:30	Stretch & Conditioning 1:30-3:30	Advanced Foundation Ballet 1:30- 3:30	Inter Found Ballet 1:30- 2:30	
2:30-3:00					2:30-3:00			Intermediate Ballet 2:30- 3:30	
3:00-3:30	RAD Dance Coaching	Stretch & Strength			3:00-3:30				
3:30-4:00	Inter Found Ballet 3:30- 5:00	Grade 2 Ballet 3:30-4:30	Beginner Ballet 4- 5yrs 3:30-4:00		3:30-4:00	Beginner Acro 8+ years 3:30- 4:15		RAD Ballet 6- 8yrs 3:30-4:15	Beginner Tap 3:30-4:15
4:00-5:00		Pre-Pointe 4:30- 5:00	Grade 6 Ballet	NYC Contemporary	4:00-5:00	Inter/Adv Acro Technique 3:30- 5:00	Grade 3 Ballet	Beginner Hip Hop 6-8yrs 4:15-5:00	Beginner Competitive Musical Theatre 4:15-5:00
5:00- 6:00	Advanced Foundation Ballet 5:00- 6:30	Grade 5 Ballet	Vienna Jazz	Tahiti Jazz	5:00- 6:00	Grade 4 Teen Ballet	Milan Hip Hop	Miami Jazz	Beginner Competitive Jazz 9-12 yrs
6:00-7:00		Grade 3 Ballet	Milan Jazz	Vienna Lyrical	6:00-7:00	Grade 6 Ballet	Miami Hip Hop	Beginner Jazz 9- 12yrs	Small Group Stage
7:00-8:00	Advanced Unset Ballet 6:30-8:00	Grade 4 Ballet	NYC Jazz	Competitive Stage	7:00-8:00	Grade 4 Ballet	Rio Hip Hop	LA Jazz	Miami Lyrical
8:00-9:00	Intermediate Ballet 8:00- 9:30	Advanced Pointe	Milan Lyrical	NYC Company 8:00-9:30	8:00-9:00	Grade 5 Ballet	Teen Beginner Competitive Jazz	Rio Jazz	Beginner Jazz 12+ yrs
9:00-9:30					9:00-9:30				

WEDNESDAY

THURSDAY

	<u>Studio1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>		<u>Studio1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>
1:30-2:30	Advanced Jazz Technique 1:30- 3:00	Intermediate Jazz Technique 1:30-3:00			1:30-2:30	Grade 8 Ballet	Advanced Unset Ballet 1:30-3:30		
2:30-3:00					2:30-3:00	Advanced Pointe			
3:00-3:30				3:00-3:30					
3:30-4:00	NYC Company		Inter Found Ballet 3:30- 5:00	Beginner Jazz/Hip Hop 4-5 yrs 3:45-4:30	3:30-4:00	Intermediate Jazz Technique 3:45-5:00	Advanced Foundation Ballet 3:30- 5:00		Advanced Unset Ballet 3:30-5:00
4:00-5:00		Tahiti Lyrical		Beginner Hip Hop 6-8 yrs 4:30-5:15	4:00-5:00			Beginner Competitive Hip Hop	
5:00- 6:00	NYC Company Large Group	Vienna Jazz	Grade 3	Beginner Musical Theatre 9-12 yrs 5:15-6:00	5:00- 6:00	Large Group Competitive Lyrical	Grade 6 Ballet	LA Jazz	NYC Hip Hop
6:00-7:00	Tahiti Jazz	NYC Company Lyrical	Pointe for Exam Students	Beginner Lyrical 10+ yrs	6:00-7:00	NYC Jazz	Grade 4 Ballet	Rio Lyrical	Vienna Hip Hop
7:00-8:00		Advanced Jazz Technique 7- 8:15	Beginner Ballet 11+ yrs	Beginner Hip Hop 9-12 yrs	7:00-8:00	LA Lyrical	Grade 5 Ballet	Miami Jazz	Vienna/Cabo Contemporary
8:00-9:00	NYC Lyrical		Grade 6 Ballet	Beginner Hip Hop 12+ yrs	8:00-9:00	Milan Jazz	Intermediate Ballet 8:00- 9:30	Rio Jazz	Miami Contemporary
9:00-9:30			Pre-Pointe	Beginner Pointe	9:00-9:30				

FRIDAY

SATURDAY

	<u>Studio 1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>		<u>Studio 1</u>	<u>Studio 2</u>	<u>Studio 3</u>	<u>Studio 4</u>
1:30-2:30	Advanced Foundation Ballet 1:30-3:30	Grade 5 Ballet 1:30-3:00	Grade 6 Ballet 1:30-3:00		9:00-10:00	Beginner Competitive Jazz 7-9 yrs	Beginner Acro 5-7yrs 9:15-10:00am	Inter Found Ballet 9:00-10:30	RAD Ballet 6-8yrs
2:30-3:00					10:00-10:30	Beginner Contemporary 10+ yrs	Intermediate Acro Technique 10:00-11:00		*NEW Beginner Pointe
3:00-3:30		Dance Coaching	Stretch & Strength		10:30-11:00		Level 1 Acro 10:00-11:00		
3:30-4:00	Advanced Lyrical Technique 3:45-5:00	Pre- Pointe	Beginner Pointe		11:00-12:00	Beginner Jazz 6-8yrs	Competitive Acro	*NEW Grade 6 Ballet	Grade 4 Ballet
4:00-5:00		Grade 4 Teen Ballet	Milan/LA Contemporary	Advanced Competitive Hip Hop		12:00-1:00	Stretch & Strength	Beginner Acro 8+ yrs	Grade 5 Ballet
5:00- 6:00	Beginner Competitive Lyrical 9-12yrs	Grade 5 Ballet	Competitive Musical Theatre for Singers	Cabo Hip Hop	1:00-2:00	Beginner Lyrical 9-12yrs	Advanced Acro Technique 1:00-2:30		Grade 3 Ballet
6:00-7:00	Teen Beginner Competitive Lyrical	Grade 8 Ballet			2:00-3:00				
7:00-8:00	Teen Beginner Competitive Contemporary				3:00-4:00				