

# SHIFT

DANCE ACADEMY

# SCHEDULE 2019/2020

MONDAY					TUESDAY				
	Studio 1	Studio 2	Studio 3	Studio 4		Studio 1	Studio 2	Studio 3	Studio 4
1:30-2:30					1:30-2:30				
2:30-3:00		Grade 8 Ballet	Grade 6 Ballet		2:30-3:00	Intermediate Foundation	Grade 5 Ballet		
3:00-3:30					3:00-3:30				
3:30-4:00	Advanced 1 & 2 Ballet		Beginner Pointe		3:30-4:00	Beginner Pointe 3:30-4:15pm	Intermediate Jazz Technique 3:45-5:00	Beginner Hip Hop 6-8yrs 3:30-4:15	Pre-Pointe 3:30-4:00
4:00-5:00		Miami Jazz	Grade 4 Ballet *FULL	NYC Small Group Jazz (4:00-4:45)	4:00-5:00	Beginner Tap 7+ 4:15-5:00pm		Boys Only Hip Hop (4:15-5:00pm) 7-10yrs	Grade 2 Ballet
5:00- 6:00	Rome Jazz	Beginner Jazz 9-12 yrs	Grade 3 Ballet	NYC Lyrical (4:45-5:45)	5:00- 6:00	Grade 3 Ballet	Rome Lyrical	Beginner Competitive Jazz 7-9 yrs	Grade 6 Ballet
6:00-7:00	LA Jazz	Rio Jazz	Grade 7 Ballet	NYC Comp Lg Gr Contemporary (5:45-6:45)	6:00-7:00	Rome Contemporary	Rio Lyrical	Inter/Adv Tap	Beginner Ballet 10+ yrs
7:00-8:00	NYC Jazz	Beginner Hip Hop 10+ yrs	Grade 6 Ballet	NYC Company (6:45-8:15pm)	7:00-8:00	London Jazz	LA Lyrical	Beginner Lyrical 10+	Grade 8 Ballet
8:00-9:00	NYC Company Lyrical (8:15-9:00)		Intermediate Ballet (8:00-9:30)	Advanced Stage (8:15-9:15)	8:00-9:00	Milan Jazz	London Lyrical		Grade 5 Ballet
9:00-9:30					9:00-9:30				

## WEDNESDAY

## THURSDAY

	<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>
<b>1:30-2:30</b>	Advanced Jazz Technique	Intermediate Jazz Technique			<b>1:30-2:30</b>	Advanced RAD Ballet	Intermediate Foundation Ballet	Intermediate Ballet	
<b>2:30-3:00</b>					<b>2:30-3:00</b>				
<b>3:00-3:30</b>					<b>3:00-3:30</b>				
<b>3:30-4:00</b>	NYC Contemporary 3:30-4:30	Beginner Ballet 4-5 yrs (3:45-4:15)	Beginner Competitive Hip Hop 7-9 yrs (3:45-4:30)		<b>3:30-4:00</b>	Advanced 1 & 2 Ballet (3:30-5:00)	Intermediate Foundation (3:30-5:00)		
<b>4:00-5:00</b>	Advanced Jazz Technique (4:30-5:45)		Grade 1 Ballet 6-8 yrs (4:15-5:00)	Beginner Hip Hop/Jazz 4-5 yrs (4:30-5:15)	Musical Theatre for Singers			<b>4:00-5:00</b>	
<b>5:00- 6:00</b>			Grade 2 Ballet	Beginner Hip Hop 6-8 yrs (5:15-6:00)	Beginner Competitive Musical Theatre 9+ yrs	<b>5:00- 6:00</b>	Rome Jazz	Grade 8 Ballet	Beginner Competitive Jazz 10-12 yrs
<b>6:00-7:00</b>	NYC Company (5:45-7:15)	Grade 8 Ballet	Miami Jazz	Beginner Competitite Stage 7:00-7:45	<b>6:00-7:00</b>	NYC Jazz	Grade 5 Ballet	Beginner Competitive Hip Hop 10+	Milan Contemporary
<b>7:00-8:00</b>	Advanced Hip Hop (7:15- 8:00)	Grade 3 Ballet	Grade 4 Ballet	Miami Lyrical	<b>7:00-8:00</b>	LA Jazz	Grade 6 Ballet	Teen Beginner Contemporary	Milan Jazz
<b>8:00-9:00</b>	Rio Jazz	Intermediate Ballet (8:00-9:30)	Advanced RAD Ballet (8:00-9:30)	Teen Beginner Competitive Jazz	<b>8:00-9:00</b>	Milan Lyrical	Grade 4 Ballet		London Jazz
<b>9:00-9:30</b>							<b>9:00-9:30</b>	Milan Sm Group	Pre-Pointe

## 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>
<b>1:30-2:30</b>	Advanced Foundation Ballet		Advanced 1/2 Ballet		<b>9:00-10:00</b>	Beginner Jazz 9-12 yrs	Beginner Acro 6-9 years		Grade 2 Ballet
<b>2:30-3:00</b>					<b>10:00-11:00</b>	Beginner Jazz 6-9 yrs	Level 1 / Intermediate Acro Technique		Grade 5 Ballet (starting Nov 1st)
<b>3:00-3:30</b>					<b>11:00-12:00</b>	Beginner Contemporary 8+ years	Junior Competitive Acro		Grade 1 Ballet
<b>3:30-4:00</b>	Pre- Pointe	Beginner Pointe			<b>12:00-1:00</b>	Stretch and Strength	Beginner Acro 8+ years	Beginner Lyrical 6-9 years	Grade 4 Ballet
<b>4:00-5:00</b>	Intermediate Foundation (4:00-5:30) Intermediate Pointe (5:30-6:30)	Grade 5 Ballet	Junior Competitive Hip Hop	Acro Strength and Flexibility for Competitive Dancers	<b>1:00-2:00</b>	Beginner Lyrical 10+ years	Advanced Acro Technique (1:00-2:15)	Beginner Hip Hop 8+ yrs	Grade 3 Ballet
<b>5:00- 6:00</b>		Grade 4 Ballet	Teen Beginner Competitive Contemporary	Beginner Competitive Lyrical 9-12 yrs	<b>2:00-3:00</b>		Competitive Acro (2:15-3:15)		
<b>6:00-7:00</b>		Grade 3 Ballet	Rio Contemporary	Teen Beginner Competitive Lyrical	<b>3:00-4:00</b>				
<b>7:00-8:00</b>			Teen Competitive Hip Hop						