

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	Grade 7 Ballet	Grade 8 Ballet	Grade 6 Ballet		1:30-2:30	Intermediate Foundation	Grade 5 Ballet			
2:30-3:00								2:30-3:00		
3:00-3:30								3:00-3:30		
3:30-4:00	Advanced Unset Ballet		Beginner Pointe		3:30-4:00	Intermediate Ballet 3:30-5:00	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	NYC Small Group Jazz (4:00-4:45)	4:00-5:00			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	Senior Competitive Hip Hop	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	Intermediate Competitive Hip Hop	Grade 8 Ballet	
8:00-9:00	NYC Company Lyrical (8:15-9:00)	Teen Beginner Jazz	Intermediate Ballet (8:00-9:30)	Advanced Stage (8:15-9:15)	8:00-9:00	Milan Jazz	London Lyrical	Beginner Lyrical 10+ yrs	Grade 5 Ballet	
9:00-9:30					9:00-9:30				Pre-Pointe	

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

FRIDAY					SATURDAY					
	Studio 1	Studio 2	Studio 3	Studio 4		Studio 1	Studio 2	Studio 3	Studio 4	
1:30-2:30	Grade 6 Ballet	Grade 7 Ballet	Advanced Ballet		9:00-10:00	Beginner Jazz 9-12 yrs	Beginner Acro 6-9 years	Creative Dance 3-5 yrs (9:15-10:00)	Grade 2 Ballet	
2:30-3:00						10:00-11:00	Beginner Jazz 6-9 yrs	Level 1 / Intermediate Acro Technique	Beginner Jazz 12+ years	Beginner Ballet 9-12 years
3:00-3:30						11:00-12:00	Beginner Contemporary 8+ years	Junior Competitive Acro	Beginner Ballet 12+ years	Grade 1 Ballet
3:30-4:00	Pre- Pointe	Beginner Pointe			12:00-1:00	Stretch and Strength	Beginner Acro 10+ years	Beginner Lyrical 6-9 years	Grade 4 Ballet	
4:00-5:00	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	1:00-2:00	Beginner Lyrical 10+ years	Advanced Acro Technique (1:00-2:15)	Beginner Hip Hop 8+ yrs	Grade 3 Ballet	
5:00- 6:00		Grade 4 Ballet	Teen Beginner Competitive Contemporary	Beginner Competitive Lyrical 9-12 yrs	2:00-3:00	Beginner Tap 7+ yrs	Competitive Acro (2:15-3:15)		Grade 5 Ballet	
6:00-7:00		Grade 3 Ballet	Rio Contemporary	Teen Beginner Competitive Lyrical	3:00-4:00					
7:00-8:00			Teen Competitive Hip Hop	Beginner Contemporary 9+ yrs						