

SHIFT

DANCE ACADEMY

SCHEDULE 2022/2023

MONDAY

TUESDAY

	Studio1	Studio 2	Studio 3	Studio 4		Studio1	Studio 2	Studio 3	Studio 4
1:30-2:30	Advanced Foundation Ballet (1:30-3:30pm)				1:30-2:30	Jazz Technique (1:30-3:00pm)			
2:30-3:00					2:30-3:00				
3:00-3:30					3:00-3:30				
3:30-4:00	Advanced 1 (3:30-5:00pm)				3:30-4:00	Vienna Small Group Lyrical		Beginner Ballet 3-4yrs (3:30-4:00pm)	Beginner Acro 5-6yrs (3:30-4:15pm)
4:00-5:00		Greece Jazz	Paris Jazz	Rio Jazz	4:00-5:00	Beginner Jazz/Hip Hop 5-6yrs (4:15-5:00pm)	Grade 3 Ballet	Beginner Jazz/Hip Hop 3-4yrs (4:00-4:30pm)	Beginner Acro 7+yrs
5:00- 6:00	Grade 6 Ballet	Paris Lyrical	Advanced Hip Hop	Greece Lyrical	5:00- 6:00	Japan Hip Hop	Grade 2 Ballet	Advanced Foundation Ballet (4:45-6:00pm)	Junior/ Intermediate Acro
6:00-7:00	Grade 8 Ballet	NYC Lyrical	Rome Contemporary	Paris Musical Theatre/Stage	6:00-7:00	Grade 5 Ballet	Grade 4 Ballet	Beginner Jazz 7-9yrs	Advanced Acro Group A
7:00-8:00	Grade 4 Ballet	Vienna Jazz	Milan Jazz	Beginner Hip Hop 10+yrs	7:00-8:00	Pre-Pointe (7:00-7:30pm)	Grade 6 Ballet (7:30-8:30)	Beginner Lyrical 10+yrs	Tumbling (7:00-7:30pm)
8:00-9:00	Advanced Foundation (8:00-9:30pm)	Milan Lyrical	Rome Jazz	Beginner Contemporary 10+yrs	8:00-9:00				
9:00-9:30				Pointe (9:00-9:30pm)		9:00-9:30			

WEDNESDAY

THURSDAY

	Studio1	Studio 2	Studio 3	Studio 4		Studio1	Studio 2	Studio 3	Studio 4
1:30-2:30	Advanced Foundation Ballet (1:30-3:30pm)				1:30-2:30	Advanced Pointe/ Stretch & Strength (1:30-3:30pm)	Inter Found/ Intermediate Ballet (1:30-3:30pm)		
2:30-3:00					2:30-3:00				
3:00-3:30					3:00-3:30				
3:30-4:00		Greece Hip Hop (3:30-4:15pm)	Grade 1 Ballet 6-9yrs (3:30-4:15pm)	Musical Theatre & Tap 5-6yrs (3:30-4:15pm)	3:30-4:00		Grade 6 Ballet (3:30-4:30pm)	Beginner Jazz 6-8yrs (3:30-4:15pm)	Competitive Acro (3:45-4:45pm)
4:00-5:00	Vienna Contemporary	Paris Hip Hop (4:15-5:00pm)	Primary Ballet 5-6yrs (4:15-5:00pm)	Greece Musical Theatre (4:15-5:00pm)	4:00-5:00		Advanced 1 Ballet (4:30-6:00pm)	Beginner Lyrical 6-8yrs (4:15-5:00pm)	Intermediate Jazz Tech (4:45-6:00pm)
5:00- 6:00	Advanced Jazz Technique (5:00-6:15pm)	Paris Jazz	Grade 2 Ballet	Milan Contemporary	5:00- 6:00	Vienna Jazz		Brazil Jazz	
6:00-7:00	NYC Large Group Contemporary (6:15-7:15pm)	Intermediate Hip Hop	Grade 3 Ballet	Beginner Hip Hop 7-9yrs	6:00-7:00	Rome Lyrical	Grade 5 Ballet	Grade 4 Ballet	Vienna Lyrical
7:00-8:00	NYC Jazz & Contemporary (7:15-9:15pm)	Brazil Hip Hop	Grade 7 & 8 Ballet	Paris Contemporary	7:00-8:00	Rio Lyrical	Grade 6 Ballet	Beginner Jazz 10+ yrs	Advanced Competitive Line
8:00-9:00		Rome Jazz	Pointe (7:45-8:15pm)	Brazil Contemporary	8:00-9:00	Milan Jazz		Rio Jazz	NYC Jazz
9:00-9:30					9:00-9:30				Advanced Small Group Hip Hop

FRIDAY

SATURDAY

	<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					9:00-10:00				
2:30-3:00					10:00-10:30				
3:00-3:30					10:30-11:00				
3:30-4:00	Intermediate Ballet (3:30 -5:00pm)				11:00-12:00				
4:00-5:00					Inter/ Senior Tap (4:30-5:15pm)				
5:00- 6:00	Grade 7 Ballet	Musical Theatre Production (5:15-6:15pm)			1:00-2:00				
6:00-7:00	Pointe (6:00-6:30pm)				2:00-3:00				
7:00-8:00					3:00-4:00				