

WINTER @ 174 FIRST AVENUE

Weekly Schedule at a Glance (JAN 7 - MARCH 8)

MONDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Hip Hop 10 - 13 Gemma-Lee	Limbering 7 - 12 Sophia	Senior Level 2 Ballet Laura <i>Permission Only</i>		Jazz 5 - 7 Mika
5:15 - 6:15 PM	*NEW* Inter/Adv Tumbling (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	*NEW* Lyrical 14 - 18 Gemma-Lee	Grade 5 Ballet Laura	Senior Level 3 Ballet Daphné <i>Permission Only</i>	Jazz Technique 8 - 12 Mika
6:30 - 7:30 PM	Intermediate Handstands (Level 4+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	Limbering 12+ Sophia	Open Ballet 9+ Daphné	Senior Level 4 Ballet 6:30 - 8:00pm Laura <i>Permission Only</i>	Competitive highland w/ Bytown Highland
7:30 - 8:30 PM	Tumbling 8+ (All Levels) Victoria K <i>Pre-Requisite: Must take acro</i>	Adult Tap w/ Ottawa Rhythm Initiative	Adult Ballet Level 2/3 (Drop-Ins Welcome) Daphné 7:30PM - 8:45PM		Competitive highland w/ Bytown Highland
8:30 - 9:30 PM	Limbering 13+ Victoria K	Adult Tap w/ Ottawa Rhythm Initiative	Adult Pointe Daphné <i>Permission Only</i> 8:45PM - 9:30PM	Pointe & Classical Variations Laura	Competitive highland w/ Bytown Highland

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TUESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Acro 7 - 10 (Level 2) Victoria K	*NEW!* Advanced Contemporary 15 - 18 Kassie <i>Permission Only</i>	Senior Level 6 Ballet 4:00 - 5:30pm Laura <i>Permission Only</i>	Intermediate Jazz Technique 9 - 13 Roxanne	Hip Hop 5 - 7 Gemma-Lee
5:15 - 6:15 PM	Intro to Contortion (Level 4+) Victoria K <i>Pre-Requisite: Must take acro</i>	Tap 7 - 9 Victoria F	Senior Level 6 Pointe 5:30 - 6:15pm Laura <i>Permission Only</i>	Grade 1 Ballet (6 - 8 years) Emily S	Hip Hop 8 - 10 Gemma-Lee
6:30 - 7:30 PM	Intermediate Acro (Level 5/6) Victoria K <i>Pre-Requisite: Must take 2 acro extra classes</i>	*NEW!* Advanced Jazz Technique Victoria F <i>Permission Only</i>	Intermediate Pointe Laura <i>Permission Only</i>	Little Lotus Yoga	Beginner/ Experienced Highland w/ Bytown Highland
7:30 - 8:30 PM	Advanced Handstands (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	Competitive parents routine Gemma-Lee	Senior Level 5 Ballet 7:30 - 9:00pm Laura <i>Permission Only</i>	Adult Dance Conditioning (Drop-Ins Welcome) Mel F	Competitive Highland w/ Bytown Highland
8:30 - 9:30 PM	Adult Acro (Drop-Ins Welcome) Victoria K				Competitive Highland w/ Bytown Highland

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WEDNESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Acro 8 - 12 (Level 3) Victoria K	Intermediate Tap 12 - 17 Kassie	Pre-Ballet 3 - 4 45 Minutes Kailena	Grade 4 Ballet Laura	Pre-Primary Ballet (5 - 6 years) Emily S
5:15 - 6:15 PM	Advanced Jazz Technique 12 - 17 Kassie <i>Permission Only</i>	Primary Ballet (6 - 7 Years) Emily S	Jazz 7 - 9 Kailena	Grade 5 Ballet Laura	Beginner Acro 9 - 14 Victoria K
6:30 - 7:30 PM	Stunting 8+ (All Levels) Victoria K <i>Pre-Requisite: Must take acro</i>	Adult Jazz (Drop-Ins Welcome) Melanie K	Advanced Contemporary 11 - 14 Kailena <i>Permission Only</i>	Open Ballet 9+ Laura	Recreational Highland w/ Bytown Highland
7:30 - 8:30 PM	Inter/Adv Contortion (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	Adult Tai Chi (Drop-Ins Welcome) Doug W 7:30 - 9:00pm	Adult Ballet Level 2/3 (Drop Ins Welcome) Ashley	Intermediate/Advanced Ballet Conditioning 13+ Laura	Competitive Highland w/ Bytown Highland
8:30 - 9:30 PM	Advanced Acro (Level 7+) Victoria K <i>Pre-Requisite: Must take 3 extra acro classes</i>		Groovesmen Class w/ Brian Tong	Adult Contemporary (Drop-Ins Welcome) Melanie K	Premier/Adult Highland w/ Bytown Highland

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THURSDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Inter Contemporary 10 - 14 Kailena <i>Pre-Requisite: Must be registered in another Jazz or Ballet class</i>	Contemporary 7 - 9 Kassie	Senior Level 6 Ballet (4:00 - 5:30pm) Daphné Permission Only	Senior Level 2 Ballet Laura Permission Only	Acro 5 - 7 Victoria K
5:15 - 6:15 PM	Intermediate Acro (Level 4) Victoria K <i>Pre-Requisite: Must take 1 extra acro class</i>	Intermediate/Advanced Modern 13+ (5:30 - 6:15pm) Daphné	Intermediate Jazz 10 - 14 Kailena <i>Pre-Requisite: Must be registered in another Jazz, contemporary or Ballet class</i>	Senior Level 3 Ballet Laura Permission Only	
6:30 - 7:30 PM	FITMOM CLASS	Beginner Handstands (Level 3+) Victoria K <i>Pre-Requisite: Must take acro</i>	Senior Level 4 Ballet 6:30 - 8:00pm Laura Permission Only	Adult Ballet Level 1 (Drop-Ins Welcome) Rae	Advanced Hip Hop 13 + Permission Only Gemma-Lee
7:30 - 8:30 PM	FITMOM CLASS	Conditioning for Acro 9+ Victoria K	Senior Level 5 Ballet 8:00 - 9:30pm Laura Permission Only	Adult Ballet Level 2 (Drop-Ins Welcome) Rae	Hip Hop 10 - 13 Gemma-Lee
8:30 - 9:30 PM	Adult Limbering (Drop-Ins Welcome) Victoria K			Adult Ballet Level 3 (Drop-Ins Welcome) Rae	*New!* Adult Hip-Hop (Drop-Ins Welcome) Gemma-Lee

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FRIDAY

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4:15 - 5:15 PM	Jazz 10 - 13 Kailena	Acro (Level 1) 7 - 10 Sophia	Grade 4 Ballet Laura	Modern 10+ Daphné	*NEW!* Acro 5 - 7 Torri
5:15 - 6:15 PM	Contemporary 10 - 13 Kailena	Hip Hop 9 - 12 Sophia	All Levels Ballet Conditioning 9 - 12 Laura	All Levels Ballet Conditioning 11+ Daphné	Ballroom Basics 10 - 17 Chris Drumm
6:30 - 7:30 PM	Adult Latin Basics (Drop-Ins Welcome) Chris Drumm		Beginner Pointe Laura Permission Only	Grade 4/5 Character Daphné	
7:30 - 8:30 PM	COMP REHEARSAL Permission Only		Adult Ballroom Basics (Drop-Ins Welcome) Chris Drumm	Adult Ballet Level 3 (Drop-Ins Welcome) Daphné	

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SATURDAY

TIME	Purple Studio	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
9:00 - 10:00 AM	Beginner Acro 9 - 14 Torri	Tartan Tots (ages 3-5) w/ Bytown Highland	Tots & Teddy Bears 2 - 4 9:00 - 9:30am Mika	FITMOM CLASS	*NEW!* AcroDance Preschool 3 - 5 45 minutes Kailena
10:00 - 11:00 AM	Pre-Ballet 3 - 4 45 min Mika	Beginner Highland (Ages 6-8) w/ Bytown Highland	Pre-Ballet 3 - 4 45 min Kailena	Grade 1 Ballet (7 - 8 years) Laura	Pre-Primary Ballet (5 - 6 years) Emily S
11:00 - 12:00 PM	Competitive Conditioning Mel F <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	Pre-Ballet 3 - 4 45 min Kailena	Grade 2 Ballet (7 - 9 years) Laura	Primary Ballet (6 - 7 years) Emily S
12:00 - 1:00 PM	COMPETITIVE LINE REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	NEW! Jazz 5 - 7 Kailena	Grade 2 Character (45 minutes) Laura <i>Must also be enrolled in Grade 2 Ballet</i>	COMP REHEARSAL <i>Permission Only</i>
1:00 - 2:00 PM	COMP REHEARSAL <i>Permission Only</i>	Flamenco Class	COMP REHEARSAL <i>Permission Only</i>	*NEW!* Int/Adv Ballet Technique Laura	COMP REHEARSAL <i>Permission Only</i>
2:00 - 3:00PM	COMP REHEARSAL <i>Permission Only</i>		COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>

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SUNDAY

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10:00 - 11:00 AM	COMP REHEARSAL <i>Permission Only</i>	*NEW!* Pre-Tap 3 - 5 45 min Meagan L	Pre-Ballet 3 - 4 45 min Emily S	Pre-Hip-Hop 3 - 4 45 min Mika	Mom/Dad and Me Creative Movement 8 months - 4 years (45 min parent/child class) Meghan H
11:00 - 12:00 PM	COMP REHEARSAL <i>Permission Only</i>	*NEW!* Tap 5 - 7 Victoria F	COMP REHEARSAL <i>Permission Only</i>		
12:00 - 1:00PM		*NEW!* Tap 10 - 13 Victoria F			
1:00 - 2:00pm		*NEW!* Advanced Tap 12 - 18 Victoria F			