

Prices do not include HST  
Listed in Eastern Time (EDT)

# SEPTEMBER 2020 VIRTUAL

Schedule at a Glance (Sept 8 - Oct 5)

White = Youth Class  
Light Grey = Adults Only  
Dark Grey = Youth & Adults

\*Visit Punchpass for  
Drop-In rates\*

## MONDAY

VICTORIA K	KAILENA	KIANA	GEMMA
<p>Beginner/Pre-Intermediate Acro (Mon/Sat) 14 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch &amp; Strength</i> <b>\$180 x 2 classes/week</b></p>	<p>Zumba 12 + (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM</p>	<p>Afternoon Adult Stretch (PunchPass - Drop-ins welcome!) 5:00 - 5:45 PM</p>	<p>Hip Hop 10 - 15 yrs 4 - week session (Studio Director) 6:00 - 6:45 PM <b>\$60</b></p>
<p>Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>\$180 x 3 classes/week</b></p>	<p>Nap Time Boot Camp (PunchPass - Drop-ins welcome!) 1:00 - 1:30 PM</p>	<p>Adult Jazz (Punchpass - Drop-ins welcome!) 6:00 - 6:45 PM</p>	
<p>Advanced Acro (M/W) 14 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>\$480 x 2 classes/week</b></p>	<p>Zumba Kids 6 - 10 yrs 4 - week session (Studio Director) 3:00 - 3:45 PM <b>\$60</b></p>		
<p>Adult Acro (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM</p>	<p>Junior Jazz 7 - 10 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM <b>\$180</b></p>		
	<p>Pre-Intermediate Jazz 10 + yrs (M/W) 14 - week session (Studio Director) 4:45 - 5:30 PM <b>\$180 x 2 classes/week</b></p>		

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# TUESDAY

VICTORIA K	KAILENA	BRELENE	KIANA	KATY	GEMMA
Total Body Stretch (PunchPass - Drop ins welcome!) 12:00 - 12:45 PM	Beginner Jazz 9 - 12 yrs 14 - week session (Studio Director) 5:00 - 5:45 PM <b>\$180</b>	Core class (PunchPass - Drop ins welcome!) 8:00 - 8:30 AM	Parent & Me Acro 3 - 7 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b>	Intermediate Ballet Technique 10+ 14 - week session (Studio Director) 5:15 - 6:00 PM <b>\$180</b>	Hip Hop 5 -7 yrs 4 - week session (Studio Director) 5:00 - 5:45 PM <b>\$60</b>
Learn to Cartwheel 4 - week session Starting October (PunchPass) 1:00 - 1:30 PM <b>\$60</b>			Adult Hip Hop (PunchPass - Drop ins welcome!) 5:00 - 5:45 PM	Beginner Ballet Technique 8+ 14 - week session (Studio Director) 6:00 - 6:45 PM <b>\$180</b>	Hip Hop 10 - 14 yrs 4 - week session (Studio Director) 7:00 - 7:45 PM <b>\$60</b>
			How to Dance in Heels with Kiana (Punch-ass - Drop-ins welcome!) 5:45 - 6:30 PM	Yoga (PunchPass - Drop ins welcome!) 6:45 - 7:30 PM	
				Adult Contemporary (PunchPass - Drop ins welcome!) 7:45	

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# WEDNESDAY

VICTORIA K	KAILENA	BRELENE
<p>Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>\$180 x 3 classes/week</b></p>	<p>Zumba 12 + (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM</p>	<p>Stretch and Relaxation (PunchPass - Drop-ins welcome!) 12:15 - 12:45 PM</p>
<p>Advanced Acro (M/W) 14 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>\$480 x 2 classes/week</b></p>	<p>Nap Time Boot Camp (PunchPass - Drop-ins welcome!) 1:00 - 1:30 PM</p>	<p>Creative Process - Learn to Choreograph 11+ 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b></p>
<p>Adult Handstands (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM</p>	<p>Junior Jazz 6 - 10 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM <b>\$180</b></p>	<p>Stretch and Strength 8+ <i>Mandatory for Beginner Acro</i> 14 - week session (Studio Director) 4:45 - 5:30 PM <b>\$180</b></p>
<p>Pre-Intermediate Jazz 10 + yrs (M/W) 14 - week session (Studio Director) 4:45 - 5:30 PM <b>\$180 x 2 classes/week</b></p>	<p>Advanced contemporary 14+ 14 - week session (Studio Director) 5:30 - 6:15 PM <b>\$180</b></p>	<p>Stretch Class (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM</p>
<p>Boot Camp w/ KV (PunchPass - Drop-ins welcome!) 6:00 - 6:30 PM</p>	<p>Stretch Class (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM</p>	<p> </p>
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# THURSDAY

VICTORIA K	BRELENE	ASHLEY
Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>\$180 x 3 classes/week</b>	Progressive Ballet Technique Ages 11+ 14 - week session (Studio director) 4:45 - 5:30 PM <b>\$180</b>	Advanced Ballet Technique 14 - week session (Studio Director) 5:30 - 6:15 PM <b>\$180</b>
Acro Balances (PunchPass - Drop ins welcome!) 7:30 - 8:15 PM	Core Combo (PunchPass - Drop-ins welcome!) 5:45 - 6:30 PM	Adult Ballet L1 (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM
Back & Leg Flexibility 4 - Week Sessions (PunchPass) Bendy Balances Oct 15 Scorpions Nov 19 8:15 - 9:15 PM <b>\$60</b>	Stretch and Strength 8+ <i>Mandatory for Beginner Acro</i> 14 - week session (Studio Director) 6:45 - 7:30 PM <b>\$180</b>	Adults L3 Ballet (PunchPass - Drop-ins welcome!) 8:15 - 9:00 PM

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# FRIDAY

KAILENA	KIANA
<p>Zumba 12 + (PunchPass - Drop ins welcome!) 11:00 - 11:45 AM</p>	<p>Parent &amp; Tot Movement 4 - week session (Punch pass) 10:00 - 10:45 AM <b>\$60</b></p>
<p>Nap Time Boot Camp (PunchPass - Drop ins welcome!) 1:00 - 1:30 PM</p>	
<p>All Levels Jazz 10 - 13 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM <b>\$180</b></p>	
<p>Contemporary 10 - 13 yrs 14 - week session (Studio Director) 5:00 - 5:45 PM <b>\$180</b></p>	

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## SATURDAY

VICTORIA K	KAILENA
<p>Stretch &amp; Strength (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM</p>	<p>PRE-BALLET 3 - 4 years 4 - week session (Studio Director) 10:00 - 10:45 AM</p>
<p>Inter/Adv Flexibility &amp; Conditioning 14 - week session (Studio Director) <i>Mandatory for Inter &amp; Adv Acro</i> 12:00 - 12:45 PM <b>\$180</b></p>	<p>Pre-Junior Jazz 5 - 6 yrs 14 - week session (Studio Director) 12:00 - 12:45 PM <b>\$180</b></p>
<p>Acrobatic Arts Virtual Exam Prep Class 7-18 yrs (Studio Director) 2:00 - 2:45 PM <b>email <a href="mailto:VictoriaAcro@kvdancestudio.ca">VictoriaAcro@kvdancestudio.ca</a></b></p>	<p>Junior Jazz 6 - 10 yrs 14 - week session (Studio Director) 1:00 - 1:45 PM <b>\$180</b></p>
<p>Beginner/Pre-Intermediate Acro (Mon/Sat) 14 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch &amp; Strength</i> <b>\$180 x 2 classes/week</b></p>	<p>Zumba 12 + (PunchPass - Drop-ins welcome!) 2:00 - 2:45 PM</p>
<p>Beginner Back Flexibility 4 - week session (PunchPass) Tricks Sept 12 Scorpions Oct 17 Chest Stands Nov 21 6:00 - 7:00 PM <b>\$60</b></p>	
<p>Handstand Specific 4 - week session (PunchPass) Press Work Sept 12 Tuck &amp; Straddle Oct 17 Leg Combos &amp; Variations Nov 21 7:00 - 8:00 PM <b>\$60</b></p>	

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### SUNDAY

RORY	ASHLEY	KIANA
<p>PRE-BALLET 3 - 4 years 4 - week session (Studio director) 10:00 - 10:45 AM <b>\$60</b></p>	<p>Adult Ballet L1/2 (PunchPass - Drop-ins welcome!) 12:00 - 12:45 PM</p>	<p>All Levels Hip Hop 10+ 4 - week session (Studio Director) 12:00 - 12:45 PM <b>\$60</b></p>
<p>PRE-PRIMARY BALLET 5 - 6 years 4 - week session (Studio director) 11:00 - 11:45 AM <b>\$60</b></p>		
<p>PRIMARY BALLET 6 - 7 years 4 - week session (Studio director) 1:00 - 1:45 PM <b>\$60</b></p>		