

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

OCTOBER 2020 VIRTUAL

Schedule at a Glance (Oct 13 - Nov 9)

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

*Visit Punchpass for
Drop-In rates*

MONDAY

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

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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 *already in session*	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 \$60	Intermediate Ballet Technique 10+ 14 - week session (Studio Director) 5:15 - 6:00 PM *already in session*	Hip Hop 5 -7 yrs 4 - week session (Studio Director) 6:00 - 6:45 PM \$60
Learn to Cartwheel 4 - week session (Studio Director) 1:00 - 1:30 PM \$40			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 *already in session*	Hip Hop 10 - 15 yrs 4 - week session (Studio Director) 7:00 - 7:45 PM \$60
			How to Dance in Heels (PunchPass - 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 - 8:30 PM	

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WEDNESDAY

VICTORIA K	KAIENA	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 & Conditioning</i> *already in session*</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 & Conditioning</i> *already in session*</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 \$60</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 *already in session*</p>	<p>Stretch and Strength 8+ <i>Mandatory for Beginner Acro</i> 14 - week session (Studio Director) 4:45 - 5:30 PM *already in session*</p>
	<p>Pre-Intermediate Jazz 10 + yrs (M/W) 14 - week session (Studio Director) 4:45 - 5:30 PM *already in session*</p>	<p>Advanced contemporary 14+ 14 - week session (Studio Director) 5:30 - 6:15 PM *already in session*</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>

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THURSDAY

VICTORIA K	BRELENE	ASHLEY	KIANA
<p>Intermediate Acro (M/W/Th) 14 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i> *already in session*</p>	<p>Progressive Ballet Technique Ages 11+ 14 - week session (Studio director) 4:45 - 5:30 PM *already in session*</p>	<p>Advanced Ballet Technique 14 - week session (Studio Director) 5:30 - 6:15 PM *already in session*</p>	<p>All Levels Hip Hop 10+ 4 - week session (Studio Director) 5:00 - 5:45 PM \$60</p>
<p>Acro Balances (PunchPass - Drop ins welcome!) 7:30 - 8:15 PM</p>	<p>Core Combo (PunchPass - Drop-ins welcome!) 5:45 - 6:30 PM</p>	<p>Adult Ballet L1 (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM</p>	
	<p>Stretch and Strength 8+ <i>Mandatory for Beginner Acro</i> 14 - week session (Studio Director) 6:45 - 7:30 PM *already in session*</p>	<p>Adults L3 Ballet (PunchPass - Drop-ins welcome!) 8:15 - 9:00 PM</p>	

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FRIDAY

KAILENA	KIANA
Zumba 12 + (PunchPass - Drop ins welcome!) 11:00 - 11:45 AM	Parent & Tot Movement 4 - week session (PunchPass) 10:00 - 10:45 AM \$60
Nap Time Boot Camp (PunchPass - Drop-ins welcome!) 1:00 - 1:30 PM	
All Levels Jazz 10 - 13 yrs 14 - week session (Studio Director) 4:00 - 4:45 PM *already in session*	
Contemporary 10 - 13 yrs 14 - week session (Studio Director) 5:00 - 5:45 PM *already in session*	

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SATURDAY

VICTORIA K	KAILENA	KATIE
Stretch & Strength (PunchPass - Drop-ins welcome!) 11:00 - 11:45 AM	PRE-BALLET 3 - 4 years 4 - week session (Studio Director) 10:00 - 10:45 AM \$60	Introduction To Dance 6 - 9 years 4 - week session (Studio Director) 2:00 - 2:45 PM \$60
Inter/Adv Flexibility & Conditioning 14 - week session (Studio Director) <i>Mandatory for Inter & Adv Acro</i> 12:00 - 12:45 PM *already in session*	Zumba Kids 5 - 10 yrs 4 - week session (Studio Director) 11:00 - 11:45 AM \$60	
Acrobatic Arts Virtual Exam Prep Class 7-18 yrs (Studio Director) 2:00 - 2:45 PM email VictoriaAcro@kvdancestudio.ca	Pre-Junior Jazz 5 - 6 yrs 14 - week session (Studio Director) 12:00 - 12:45 PM *already in session*	
Beginner/Pre-Intermediate Acro (Mon/Sat) 14 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch & Strength</i> *already in session*	Junior Jazz 7 - 10 yrs 14 - week session (Studio Director) 1:00 - 1:45 PM *already in session*	
Beginner Back Flexibility 4 - week session (PunchPass) Scorpions Oct 17 Chest Stands Nov 21 6:00 - 7:00 PM \$60 *Registration on October 1st*	Zumba 12 + (PunchPass - Drop-ins welcome!) 2:00 - 2:45 PM	
Handstand Specific 4 - week session (PunchPass) Tuck & Straddle Oct 17 Leg Combos & Variations Nov 21 7:00 - 8:00 PM \$60 *Registration on October 1st*		

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SUNDAY

RORY	ASHLEY	KIANA	MACKENZIE
<p>PRE-BALLET 3 - 4 years 4 - week session (Studio director) 10:00 - 10:45 AM \$60</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 \$60</p>	<p>Contemporary 6 - 9 years 4 - week session (Studio Director) 10:00 - 10:45 AM \$60</p>
<p>PRE-PRIMARY BALLET 5 - 6 years 4 - week session (Studio director) 11:00 - 11:45 AM \$60</p>			<p>Tap 8 - 12 years 4 - week session (Studio Director) 11:00 - 11:45 AM \$60</p>
<p>PRIMARY BALLET 6 - 7 years 4 - week session (Studio director) 1:00 - 1:45 PM \$60</p>			<p>Tap 5 - 7 years 4 - week session (Studio Director) 12:00 - 12:45 PM \$60</p>