

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

JANUARY 2021 VIRTUAL

Schedule at a Glance (Jan 5 - Feb 8)

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

*Visit Punchpass for
Drop-In rates*

MONDAY

VICTORIA K	KAILENA	KIANA	GEMMA	NAILAH
Handstands (Punchpass - Drop-ins welcome!) 12:00 - 12:45 PM	Zumba Kids 5 - 10 yrs 5 - week session (Studio Director) 4:00 - 4:45 PM \$75	Adult Jazz (Punchpass - Drop-ins welcome!) 6:45 - 7:30 PM	Hip Hop 10 - 15 yrs 5 - week session (Studio Director) 4:00 - 4:45 PM \$75	Acro Transitions & Flow (Punchpass - Drop-ins welcome!) 5:15 - 6:00 PM
Beginner Acro (M/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - enrolled in Stretch & Strength</i> \$525	Pre-Intermediate Jazz 10+ yrs (M/W) 21 - week session (Studio Director) 4:45 - 5:30 PM \$525		Hip Hop 5 - 7 yrs 5 - week session (Studio Director) 5:00 - 5:45 PM \$75	Adult Conditioning for Acro (Punchpass - Drop-ins welcome!) 7:30 - 8:15 PM
Pre-Intermediate Acro (M/W/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - enrolled in Stretch & Strength</i> \$795	Pre-Intermediate Jazz 9+ yrs 21 - week session (Studio Director) 4:45 - 5:30 PM \$255		Hip Hop 8 - 10 yrs 5 - week session (Studio Director) 6:15 - 7:00 PM \$75	
Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - enrolled in Flexibility & Conditioning</i> \$795	ZUMBA (PunchPass - Drop-ins welcome!) 6:00 - 6:45 PM		Beginner Lyrical 10 - 14 yrs 5 - week session (Studio Director) 7:00 - 7:45 PM \$75	
Advanced Acro (M/W) 21 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - enrolled in Flexibility & Conditioning</i> \$1400				
Adult Acro Balances (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM				
Back Flexibility - Cobra (PunchPass - Drop-ins welcome!) 9:15 - 9:45 PM				

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TUESDAY

VICTORIA K	BRELENE	KIANA	KATY	NAILAH
Leg Flexibility - Pre-Splits (PunchPass - Drop ins welcome!) 12:00 - 12:30 PM	Core class (PunchPass - Drop ins welcome!) 9:30 - 10:00 AM	Parent & Me Acro 3 - 7 yrs 5 - week session (Studio Director) 4:00 - 4:45 PM \$75	Intermediate Ballet Technique 11+ 21 - week session (Studio Director) 5:00 - 6:00 PM \$360	Advanced Jazz (PunchPass - Drop ins welcome!) 7:45 - 8:30 PM
Back Flexibility - Bridges (PunchPass - Drop ins welcome!) 12:30 - 1:00 PM		Adult Contemporary (PunchPass - Drop ins welcome!) 6:00 - 6:45 PM	Beginner/Inter Ballet Technique 9+ 21 - week session (Studio Director) 6:00 - 7:00 PM \$360	
			Yoga (PunchPass - Drop ins welcome!) 7:00 - 7:45 PM	

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WEDNESDAY

VICTORIA K	KAILENA	BRELENE
<p>Pre-Intermediate Acro (M/W/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch & Strength</i> \$795</p>	<p>STRONG NATION - HIIT WORKOUT (PunchPass - Drop-ins welcome!) 1:00 - 1:30 PM</p>	<p>Creative Process - Learn to Choreograph 11+ 5 - week session (Studio Director) 4:00 - 4:45 PM \$75</p>
<p>Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i> \$795</p>	<p>Junior Jazz 6 - 10 yrs 21 - week session (Studio Director) 4:00 - 4:45 PM \$270</p>	<p>Intermediate Flexibility & Conditioning 8+ 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Mandatory for Intermediate Acro (Option 1)</i> \$270</p>
<p>Advanced Acro (M/W) 21 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i> \$1400</p>	<p>Pre-Intermediate Jazz 10 + yrs (M/W) 21 - week session (Studio Director) 4:45 - 5:30 PM \$525</p>	<p>Intermediate/Advanced Contemporary 14+ 21 - week session (Studio Director) 5:30 - 6:15 PM \$270</p>
<p>Adult Handstands (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM</p>	<p>ZUMBA (PunchPass - Drop-ins welcome!) 6:00 - 6:45 PM</p>	<p>Stretch and Strength 8+ <i>Mandatory for Beginner/Pre-Intermediate Acro (Option 1)</i> 21 - week session (Studio Director) 6:30 - 7:15 PM \$270</p>
		<p>Progressing Ballet Technique (Punchpass - Drop-ins welcome!) 7:30 - 8:15 PM</p>

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THURSDAY

VICTORIA K	BRELENE	ASHLEY
<p>Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility & Conditioning</i> \$795</p>	<p>Progressive Ballet Technique Ages 11+ 21 - week session (Studio director) 4:45 - 5:30 PM \$270</p>	<p>Adult Ballet L2 (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM</p>
<p>Intermediate Acro Bonus Class 21 - week session (Studio Director) 6:15 - 7:00 PM <i>Pre-requisite - must be enrolled in Intermediate Acro</i> \$270</p>	<p>Core Combo (PunchPass - Drop-ins welcome!) 5:45 - 6:30 PM</p>	<p>Adults Ballet L3 (PunchPass - Drop-ins welcome!) 8:15 - 9:00 PM</p>
<p>Acro Balances (PunchPass - Drop ins welcome!) 7:30 - 8:15 PM</p>	<p>Stretch and Strength 8+ <i>Mandatory for Beginner/Pre-Intermediate Acro (Option 2)</i> 21 - week session (Studio Director) 6:30 - 7:15 PM \$270</p>	

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FRIDAY

KAILENA

ZUMBA

(PunchPass - Drop ins welcome!)
11:00 - 11:45 AM

STRONG NATION - HIIT WORKOUT

(PunchPass - Drop-ins welcome!)
1:00 - 1:30 PM

All Levels Jazz 10 - 13 yrs
21 - week session (Studio Director)
4:00 - 4:45 PM

\$270

Contemporary 10 - 13 yrs
21 - week session (Studio Director)
5:00 - 5:45 PM

\$270

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SATURDAY

VICTORIA K	KAILENA	KIANA	NAILAH
<p>Acrobatic Arts Virtual Exam Prep Class 7+ (Studio Director) 11:00 - 11:45 AM</p> <p>email VictoriaAcro@kvdancestudio.ca</p>	<p>Pre-Ballet 3 - 4 years 5 - week session (Studio Director) 10:00 - 10:45 AM</p> <p>\$75</p>	<p>All Levels Hip Hop 10+ 5 - week session (Studio Director) 11:00 - 11:45 AM</p> <p>\$75</p>	<p>Contemporary Workshop Series 5 - week session (PunchPass) 5:00 - 6:00 PM</p> <p>\$65</p>
<p>Advanced Flexibility & Conditioning 21 - week session (Studio Director) <i>Mandatory for Intermediate Acro (Option 2) and Advanced Acro</i> 12:00 - 12:45 PM \$270</p>	<p>Junior Jazz 7 - 10 yrs 21 - week session (Studio Director) 1:00 - 1:45 PM</p> <p>\$270</p>		
<p>Acrobatic Arts Virtual Exam Prep Class 10+ (Studio Director) <i>Permission Only</i> 2:00 - 3:00 PM</p> <p>email VictoriaAcro@kvdancestudio.ca</p>			
<p>Beginner Acro (M/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch & Strength</i></p> <p>\$525</p>			
<p>Pre-Intermediate Acro (M/W/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch & Strength</i></p> <p>\$795</p>			

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SUNDAY

RORY	ASHLEY	MACKENZIE
Pre-Primary Ballet 5 - 6 years 5 - week session (Studio director) 11:00 - 11:45 AM \$75	Adult Ballet L1/2 (PunchPass - Drop-ins welcome!) 12:00 - 12:45 PM	Tap 8 - 12 years 5 - week session (Studio Director) 11:00 - 11:45 AM \$75
Primary Ballet 6 - 8 years 5 - week session (Studio director) 1:00 - 1:45 PM \$75		