

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

# MARCH/APRIL 2021 VIRTUAL

Schedule at a Glance (Mar 23 - Apr 26)

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

\*Visit Punchpass for  
Drop-In rates\*

## MONDAY

VICTORIA K	KAILENA	GEMMA	NAILAH
Handstands & Chill (Punchpass - Drop-ins welcome!) 12:00 - 12:30 PM	Zumba Kids 5 - 10 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b>	Hip Hop 10 - 15 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b>	Acro Transitions & Flow (Punchpass - Drop-ins welcome!) 5:15 - 6:00 PM
Leg Flexibility - Pre-Splits (PunchPass - Drop-ins welcome!) 12:30-1:00 PM	Pre-Intermediate Jazz 10+ yrs (M/W) 21 - week session (Studio Director) 4:45 - 5:30 PM <b>*already in session*</b>	Hip Hop 5 - 7 yrs 4 - week session (Studio Director) 5:00 - 5:45 PM <b>\$60</b>	Adult Conditioning for Acro (Punchpass - Drop-ins welcome!) 7:30 - 8:15 PM
Beginner Acro (M/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - enrolled in Stretch &amp; Strength</i> <b>*already in session*</b>	Pre-Intermediate Jazz 9+ yrs 21 - week session (Studio Director) 4:45 - 5:30 PM <b>*already in session*</b>	Hip Hop 8 - 10 yrs 4 - week session (Studio Director) 6:15 - 7:00 PM <b>\$60</b>	
Pre-Intermediate Acro (M/W/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - enrolled in Stretch &amp; Strength</i> <b>*already in session*</b>	ZUMBA® (PunchPass - Drop-ins welcome!) 6:00 - 6:45 PM		
Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - enrolled in Flexibility &amp; Conditioning</i> <b>*already in session*</b>			
Advanced Acro (M/W) 21 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - enrolled in Flexibility &amp; Conditioning</i> <b>*already in session*</b>			
Adult Handstands (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM			
Back Flexibility - Bridges (PunchPass - Drop-ins welcome!) 9:15 - 9:45 PM			

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## TUESDAY

VICTORIA K	KIANA	KATY	NAILAH	GEMMA
Leg Flexibility - Pre-Splits (PunchPass - Drop ins welcome!) 12:00 - 12:30 PM	Parent & Me Acro 3 - 7 yrs 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b>	Intermediate Ballet Technique 11+ 21 - week session (Studio Director) 5:00 - 6:00 PM <b>*already in session*</b>	Skill Specific Conditioning (PunchPass - Drop ins welcome!) 7:45 - 8:30 PM	Beginner Lyrical 9 - 14 yrs 4 - week session (Studio Director) 7:00 - 7:45 PM <b>\$60</b>
Back Flexibility - Cobra (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 <b>*already in session*</b>		Intermediate Hip Hop 11 - 15 yrs 4 - week session (Studio Director) 8:00 - 8:45 PM <i>Permission Only</i> <b>\$60</b>
		Yoga (PunchPass - Drop ins welcome!) 7:00 - 7:45 PM		

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## WEDNESDAY

VICTORIA K	KAILENA	BRELENE	VICTORIA E
Pre-Intermediate Acro (M/W/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch &amp; Strength</i> <b>*already in session*</b>	STRONG NATION - HIIT WORKOUT (PunchPass - Drop-ins welcome!) 1:00 - 1:30 PM	Creative Process - Learn to Choreograph 11+ 4 - week session (Studio Director) 4:00 - 4:45 PM <b>\$60</b>	Intermediate to Advanced 2 RAD Ballet 4 - week session (Studio Director) 6:00 - 6:45 PM <b>\$60</b>
Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>*already in session*</b>	Junior Jazz 6 - 10 yrs 21 - week session (Studio Director) 4:00 - 4:45 PM <b>*already in session*</b>	Intermediate Flexibility & Conditioning 8+ 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Mandatory for Intermediate Acro (Option 1)</i> <b>*already in session*</b>	
Advanced Acro (M/W) 21 - week session (Studio Director) 6:30 - 8:30 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>*already in session*</b>	Pre-Intermediate Jazz 10 + yrs (M/W) 21 - week session (Studio Director) 4:45 - 5:30 PM <b>*already in session*</b>	Intermediate/Advanced Contemporary 14+ 21 - week session (Studio Director) 5:30 - 6:15 PM <b>*already in session*</b>	
Adult Intermediate Handstands (PunchPass - Drop-ins welcome!) 8:30 - 9:15 PM	ZUMBA® (PunchPass - Drop-ins welcome!) 6:00 - 6:45 PM	Stretch and Strength 8+ <i>Mandatory for Beginner/Pre-Intermediate Acro (Option 1)</i> 21 - week session (Studio Director) 6:30 - 7:15 PM <b>*already in session*</b>	
		Ballet Barre 4-Week Workshop (PunchPass) 7:15-8:00 PM <b>\$45</b>	

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## THURSDAY

VICTORIA K	BRELENE	ASHLEY	NAILAH
<p>Intermediate Acro (M/W/Th) 21 - week session (Studio Director) 5:30 - 6:15 PM <i>Pre-requisite - must be enrolled in Flexibility &amp; Conditioning</i> <b>*already in session*</b></p>	<p>Progressive Ballet Technique Ages 11+ 21 - week session (Studio director) 4:45 - 5:30 PM <b>*already in session*</b></p>	<p>Adult Ballet L2 (PunchPass - Drop-ins welcome!) 6:30 - 7:15 PM</p>	<p>Handstand Variations (PunchPass - Drop ins welcome!) 5:00 - 5:45 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> <b>*already in session*</b></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>Conditioning for Contortion (PunchPass - Drop ins welcome!) 7:15 - 7:45 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 <b>*already in session*</b></p>		
<p>Acro Balances (PunchPass - Drop ins welcome!) 7:30 - 8:15 PM</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

**\*already in session\***

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

**\*already in session\***

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## SATURDAY

VICTORIA K	KAILENA	KIANA	NAILAH	VICTORIA E
<p>Acrobatic Arts Virtual Exam Prep Class 7+ (Studio Director) 11:00 - 11:45 AM</p> <p>email <a href="mailto:VictoriaAcro@kvdancestudio.ca">VictoriaAcro@kvdancestudio.ca</a></p>	<p>Pre-Ballet 3 - 4 years 4 - week session (Studio Director) 10:00 - 10:45 AM <b>\$60</b></p>	<p>All Levels Hip Hop 10+ 4 - week session (Studio Director) 11:00 - 11:45 AM <b>\$60</b></p>	<p>Acro Choreo &amp; Flow (PunchPass - Drop ins welcome!) 4:30 - 5:15 PM</p>	<p>Adult Ballet L2/3 (PunchPass - Drop-ins welcome!) 7:00 - 7:45 PM</p>
<p>Advanced Flexibility &amp; Conditioning 21 - week session (Studio Director) <i>Mandatory for Intermediate Acro (Option 2) and Advanced Acro</i> 12:00 - 12:45 PM <b>*already in session*</b></p>	<p>Zumba Kids Jr. 3 - 5 years 4 - week session (Studio Director) 12:00 - 12:45 PM <b>\$60</b></p>		<p>Contemporary Modern &amp; Improv Technique (PunchPass - 5-Week Workshop) Mar 20, 27, Apr 3, 10, 17 5:15 - 6:15 PM <b>\$65</b></p>	
<p>Handstand Specific - Press Work 3-Week Course (PunchPass - 3-Week Workshop) March 6th, 13th, 27th 1:00-1:45 PM <b>\$45</b></p>	<p>Junior Jazz 7 - 10 yrs 21 - week session (Studio Director) 1:00 - 1:45 PM <b>*already in session*</b></p>			
<p>Acrobatic Arts Virtual Exam Prep Class 10+ (Studio Director) <i>Permission Only</i> 2:00 - 3:00 PM email <a href="mailto:VictoriaAcro@kvdancestudio.ca">VictoriaAcro@kvdancestudio.ca</a></p>				
<p>Introduction to Contortion Training 3-Week Course (PunchPass - 3-Week Workshop) March 6th, 13th, 27th 3:00-4:30 PM <b>\$75</b></p>				
<p>Beginner Acro (M/Sat) 21 - week session (Studio Director) 4:45 - 5:30 PM <i>Pre-requisite - must be enrolled in Stretch &amp; Strength *already in session*</i></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 &amp; Strength *already in session*</i></p>				

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## SUNDAY

RORY	ASHLEY
<p>Pre-Primary Ballet 5 - 6 years 4 - week session (Studio director) 11:00 - 11:45 AM <b>\$60</b></p>	<p>Adult Ballet L1/2 (PunchPass - Drop-ins welcome!) 12:00 - 12:45 PM</p>
<p>Primary Ballet 6 - 8 years 4 - week session (Studio director) 1:00 - 1:45 PM <b>\$60</b></p>	