

2024/2025 SCHEDULE

*Updated Monday, May 30th

| COLOUR LEGEND: | | | | | | | | | | | | | | | | | |
|---|--------------------------|-------------|-----------|-------------------------------|--------------|-------------|----------------------------------|----------------|-----------|-------------------------------|--------------|---------------|------------------------------|--------------------------|-------------|--------------------------------------|--------------|
| Recreational Program | | | | Competitive Program | | | | Ballet Program | | | | Adult Program | | | | Solos/Duos/Trios | |
| TIME | MONDAY | TEACHER | TIME | TUESDAY | TEACHER | TIME | WEDNESDAY | TEACHER | TIME | THURSDAY | TEACHER | TIME | FRIDAY | TEACHER | TIME | SATURDAY | TEACHER |
| STUDIO 1 | | | | | | | | | | | | | | | | | |
| | | | 1:50-2:50 | Wk. 2 Ballet PBT NVSD | Ms. Nicola | | | | | | | | | | | | |
| 3:20-4:30 | Ballet Advanced 2+ | Ms. Nicola | 3:30-4:30 | Ballet Advanced 1 | Ms. Nicola | 3:30-4:30 | Pointe Intermediate Advanced | Ms. Nicola | 3:30-4:30 | Acro Level 1 Ages 6-8 | Miss Katie | 3:00-3:30 | Pas De Deux Rehearsals | Mr. Tyler & Mr. Giovanni | 9:15-10:00 | SDC Ballet 2 | Miss Paige |
| 4:30-5:30 | Ballet PBT Advanced | Ms. Nicola | 4:30-5:30 | Ballet PBT Inter/Grade 6-8 | Ms. Nicola | 4:30-5:30 | Ballet PBT Inter/Grade 6-8 | Ms. Nicola | 4:30-5:30 | SDC Acro Level 1 | Miss Katie | 3:30-4:30 | Ballet Partnering | Mr. Tyler & Mr. Giovanni | 10:00-11:00 | Ballet Grade 3 | Miss Paige |
| 5:30-6:30 | Ballet PBT SDC Level 6 | Ms. Nicola | 5:30-6:30 | Ballet PBT Advanced | Ms. Nicola | 5:30-6:30 | Ballet PBT Inter/Grade 6-8 | Ms. Nicola | 5:30-6:30 | SDC Jazz 2 | Miss Katie | 4:30-5:30 | Ballet Grade 5 | Mr. Tyler | 11:00-12:00 | Ballet Grade 1 | Miss Paige |
| 6:30-7:30 | Ballet Grade 6 | Ms. Nicola | 6:30-7:30 | Ballet Grade 7 | Ms. Nicola | 6:30-7:30 | Ballet Advanced Vocational Open | Ms. Nicola | 6:30-7:15 | SDC Jazz 6 | Miss Katie | 5:30-6:30 | Ballet Interfound | Mr. Tyler | 12:00-1:00 | Ballet PBT Grade 1-3 | Miss Paige |
| 7:30-8:30 | Ballet RAD Teen (Gr.6) | Ms. Nicola | 7:30-8:30 | Ballet Advanced Found | Ms. Nicola | 7:30-8:30 | Ballet Interfoundations | Ms. Nicola | 7:15-8:00 | SDC Lyrical 3 | Miss Katie | 6:30-7:30 | Ballet Grade 7 | Mr. Tyler | 1:00-2:00 | Ballet Grade 4 | Miss Paige |
| 8:30-9:15 | Ballet Grade 8 | Ms. Nicola | 8:30-9:30 | Adult Ballet Fitness | Ms. Nicola | 8:30-9:30 | Ballet Intermediate | Ms. Nicola | 8:00-8:45 | SDC Jazz 8 | Miss Katie | 7:30-8:30 | Ballet RAD Teen (Gr. 6) | Mr. Tyler | 2:00-3:00 | Pointe Intermediate | Miss Paige |
| | | | | | | | | | 8:45-9:30 | SDC Jazz 7 | Miss Katie | | | | 3:00-3:45 | Pointe Beginner | Miss Paige |
| | | | | | | | | | | | | | | | 4:00-5:00 | JUNIOR SOLOS | ROTATING |
| STUDIO 2 | | | | | | | | | | | | | | | | | |
| 1:50-2:50 | Wk 2. NVSD Jazz Tech 7/8 | Ms. Belinda | 1:50-3:00 | Wk 1. SOLOS | ROTATING | 1:50-3:00 | Wk 1. Ballet Pointe Advanced | Ms. Nicola | 1:50-2:50 | Wk 1. NVSD Jazz Tech | Miss Lauren | 1:50-3:30 | Wk 1. Ballet Pointe Advanced | PAIGE | 9:30-10:15 | Ballet Stars Ages 3/4 | Miss Megan |
| 3:30-4:30 | Jazz Tech 2 | Ms. Belinda | 3:30-4:30 | Company Tech 4/5 | Miss Lauren | 3:00-3:45 | Wk 1. SDC Invitational Lyrical | Miss Lauren | 3:00-3:45 | Wk 2 SDC Invitational Lyrical | Miss Lauren | 3:30-4:30 | Tap Ages 9-13 | Mr. Jakob | 10:15-11:00 | SDC Ballet 1 | Miss Megan |
| 4:30-5:30 | Jazz Tech 3 | Ms. Belinda | 4:30-5:30 | Company Tech 7 | Miss Lauren | 3:45-4:30 | SDC Contemp 7 | Miss Lauren | 3:45-4:30 | SDC Invitational Jazz Line | Miss Lauren | 4:30-5:30 | Acro Level 2 | Mr. Jakob | 11:00-11:45 | Ballet Primary | Miss Megan |
| 5:30-6:30 | Jazz Tech 4/5 | Ms. Belinda | 5:30-6:30 | Company Tech 8/9 | Miss Lauren | 4:30-5:30 | SDC Jazz 9 | Miss Lauren | 4:30-5:30 | SDC Stage 3 | Miss Lauren | 5:30-6:30 | SDC Acro Level 2 | Mr. Jakob | 12:00-1:00 | Contemporary Ages 10+ | Miss Megan |
| 6:30-7:30 | Jazz Tech 6 | Ms. Belinda | 6:30-7:30 | Company Contemp 9 | Miss Lauren | 5:30-6:30 | Acro Level 2 | Mr. Jakob | 5:30-6:30 | Improv | Miss Lauren | 6:30-7:30 | Samba Tech Open Ages 8+ | Ms. Heaven | 1:00-2:00 | Acro Level 1 Ages 9-11 | Miss Megan |
| 7:30-8:30 | Jazz Tech 7-9 | Ms. Belinda | 7:30-8:15 | SDC Lyrical 5 | Miss Lauren | 6:30-7:30 | SDC Lyrical 2 | Miss Jenna | 6:30-7:15 | SDC Jazz 4 | Miss Lauren | 7:30-8:30 | Acro Level 3 | Mr. Jakob | 2:00-3:00 | SDC Hip Hop 1 | Miss Megan |
| | | | 8:15-9:00 | SDC Samba 3 | Ms. Heaven/M | 7:30-8:30 | SDC Lyrical 4 | Miss Jenna | 7:15-8:00 | SDC Contemp 8 | Miss Lauren | 8:30-9:30 | SDC Acro 3 | Mr. Jakob | 3:00-5:00 | JUNIOR SOLOS | ROTATING |
| | | | 9:00-9:30 | SDC Invitational Contemporary | Miss Lauren | 8:30-9:30 | SDC Lyrical 8 | Miss Jenna | 8:00-9:00 | SDC Lyrical 9 | Miss Lauren | | | | | | |
| STUDIO 3 | | | | | | | | | | | | | | | | | |
| 2:50-3:20 | Wk 1 SDC Ballet 6 | Miss Paige | | | | | | | | | | 1:20-1:50 | Tap Ages 13+ | Miss Paige | | | |
| 3:30-4:30 | Ballet Advanced 1 | Miss Paige | 3:30-4:30 | Broadway Bound Ages 9-12 | Miss Jessica | 3:30-4:30 | Acro Level 1 Ages 6-8 | Miss Katie | 3:45-4:30 | Ballet Stars Ages 3/4 | Miss Jessica | 3:30-4:30 | Ballet Grade 1 | Miss Paige | 9:15-10:15 | Ballet Pre-Primary | Miss Jessica |
| 4:30-5:30 | Ballet Primary | Miss Paige | 4:30-5:30 | Ballet Pre-Primary | Miss Jenna | 4:30-5:30 | Jazz Ages 8/10 | Miss Katie | 4:30-5:30 | Ballet Pre-Primary | Miss Jessica | 4:30-5:30 | SDC Ballet Level 5 | Miss Paige | 10:15-11:00 | Ballet Stars Ages 3/4 | Miss Jessica |
| 5:30-6:30 | Ballet Advanced Found | Miss Paige | 5:30-6:30 | SDC Jazz 1 | Miss Jenna | 5:30-6:30 | Jazz Ages 11/12 | Miss Katie | 5:30-6:30 | Ballet Grade 2 | Ms. Sam | 5:30-6:30 | Ballet Grade 4 | Miss Paige | 11:00-11:45 | Ballet Stars Ages 3/4 | Miss Jessica |
| 6:30-7:30 | Ballet PBT Grade 4-5 | Miss Paige | 6:30-7:30 | Company Tech 2/3 | Miss Jenna | 6:30-7:30 | Jazz Teen Ages 13+ | Miss Katie | 6:30-7:30 | Ballet Grade 4 | Ms. Sam | 6:30-7:30 | Ballet Grade 3 | Miss Paige | 12:00-1:00 | Broadway Bound Ages 5-9 | Miss Jessica |
| 7:30-8:30 | SDC Contemp 5 | Miss Paige | 7:30-8:15 | SDC Lyrical 7 | Miss Jenna | 7:30-8:30 | Lyrical Teen Ages 13+ | Miss Katie | 7:30-8:30 | Ballet Intermediate | Ms. Sam | 7:30-8:30 | SDC Ballet 4 | Miss Paige | 1:00-2:00 | Hip Hop Ages 6-8 | Miss Jessica |
| 8:30-9:15 | Pointe Beginner | Miss Paige | 8:15-9:00 | SDC Jazz 5 | Miss Jenna | 8:30-9:30 | SDC Adult Jazz | Miss Katie | 8:30-9:30 | Ballet Grade 5 | Ms. Sam | | | | 2:00-3:00 | Jazz & Lyrical 5-8 | Miss Jessica |
| | | | 9:00-9:30 | SDC Lyrical 6 | Miss Jenna | | | | | | | | | | 3:00-5:00 | JUNIOR SOLOS | ROTATING |
| STUDIO 4 | | | | | | | | | | | | | | | | | |
| | | | 2:50-3:20 | Wk. 2 SDC Ballet 6 | Miss Paige | | | | | | | | | | | | |
| 3:30-4:30 | Jazz & Tap Ages 6-9 | Miss Nicole | 3:20-4:30 | Ballet Advanced 2+ | Miss Paige | 3:30-4:30 | SDC Hip Hop 2 | Mr. Jakob | 3:30-4:30 | Jazz & Tumble Ages 6-8 | Ms. Heaven | 3:30-4:30 | SDC Stage 2 | Miss Milaina | 9:00-9:45 | Breaking & Hip Hop Beginner Ages 4-6 | Mr. Magnus |
| 4:30-5:30 | Acro Level 1 Ages 9-10 | Miss Nicole | 4:30-5:30 | SDC Ballet 3 | Miss Paige | 4:30-5:30 | SDC Hip Hop 4 | Mr. Jakob | 4:30-5:30 | Ballet Grade 1 | Ms. Heaven | 4:30-5:30 | Hip Hop 11-12 | Miss Milaina | 9:45-10:30 | Breaking & Hip Hop Beginner Ages 6-9 | Mr. Magnus |
| 5:30-6:30 | Hip Hop Ages 9-10 | Mr. Joshua | 5:30-6:30 | SDC Contemp 4 | Miss Paige | 5:30-6:30 | Hip Hop Teen Ages 13+ | Mr. Joshua | 5:30-6:00 | SDC Samba 1 | Ms. Heaven | 5:30-6:30 | Lyrical Ages 9-12 | Miss Milaina | 10:30-11:30 | Breaking Intermediate Ages 10+ | Mr. Magnus |
| 6:30-7:30 | Hip Hop Ages 11-12 | Mr. Joshua | 6:30-7:30 | Ballet Grade 2 | Miss Paige | 6:30-7:30 | SDC Hip Hop Tech (Lvl 4/5) | Mr. Joshua | 6:00-6:30 | SDC Samba 2 | Ms. Heaven | 6:30-7:30 | SDC Stage 1 | Miss Milaina | 11:30-12:30 | SDC Breaking Crew 1 | Mr. Magnus |
| 7:30-8:30 | Adult Hip Hop | Mr. Joshua | 7:30-8:30 | Ballet PBT Grade 4-5 | Miss Paige | 7:30-8:30 | SDC Hip Hop 5 | Mr. Joshua | 6:30-7:30 | Ballet Grade 3 | Ms. Heaven | 7:30-8:30 | SDC Jazz 3 | Miss Milaina | 12:30-1:30 | Breaking Tech/Conditioning | Mr. Magnus |
| 8:30-9:15 | SDC Hip Hop 3 | Mr. Joshua | | | | 8:30-9:30 | Hip Hop Teen Ages 13+ | Mr. Jakob | 7:30-8:30 | Samba Tech Open Ages 8+ | Ms. Heaven | | | | 1:30-2:30 | SDC Breaking Crew 2 | Mr. Magnus |
| | | | | | | | | | 8:45-9:30 | Ballet Grade 8 | Ms. Heaven | | | | | | |
| STUDIO 5- ** FORESTER FITNESS LOCATION | | | | | | | | | | | | | | | | | |
| 4:30-5:30PM | ACRO LEVEL 1 FITNESS | JAKOB | | | | 3:30-4:30pm | Jazz & Tumble Ages 6-8 FITNESS | Miss Jessica | 4:30-5:30 | HIP HOP TEEN FITNESS | MR JOSHUA | 4:30-5:30 | CONTEMPORARY 10+ FITNESS | HAILEIGH | 9:00-9:45 | Breaking & Hip Hop Beginner Ages 4-6 | Mr. Magnus |
| 5:30-6:30PM | ACRO LEVEL 1 FITNESS | JAKOB | | | | 4:30-5:30pm | Broadway Bound Ages 7-12 FITNESS | Miss Jessica | 5:30-6:30 | HIP HOP 9-10 FITNESS | MR JOSHUA | 5:30-6:30 | LYRICAL 9-12 FITNESS | HAILEIGH | 9:45-10:30 | Breaking & Hip Hop Beginner Ages 6-9 | Mr. Magnus |
| 6:30-7:30PM | ACRO LEVEL 2 FITNESS | JAKOB | | | | | | | 6:30-7:30 | HIP HOP 11-12 FITNESS | MR JOSHUA | 6:30-7:30 | JAZZ 9-12 FITNESS | HAILEIGH | 10:30-11:30 | Breaking Intermediate Ages 10+ | Mr. Magnus |
| | | | | | | | | | 7:30-8:30 | ADULT HIP HOP/ALUMNI FITNESS | MR JOSHUA | | | | 11:30-12:30 | SDC Breaking Crew 1 | Mr. Magnus |
| | | | | | | | | | | | | | | | 12:30-1:30 | Breaking Tech/Conditioning | Mr. Magnus |
| | | | | | | | | | | | | | | | 1:30-2:30 | SDC Breaking Crew 2 | Mr. Magnus |