

CGDA 2022-2023 CLASS SCHEDULE



MONDAY

STUDIO 1	STUDIO 2	STUDIO 3
4:45-5:45 Intermediate Acro 12+ yrs	5:00-6:00 Grade 2 Ballet 8-9 yrs	4:30-5:15 Pointe
5:45-6:45 Mini Acro 5-7 yrs	6:00-7:00 Pre-Inter Jumps and Turns 11+ yrs	5:15-6:00 Creative Movement 4 yrs
6:45-7:45 Junior Acro 8-11 yrs	7:00-8:30 Grade 4 Ballet 10-11 yrs	6:00-7:00 Grade 3 Ballet 9-10 yrs
7:45-8:30 Aerial Hoops 8+ yrs		7:00-8:30 Grade 5 Ballet 11-12 yrs

TUESDAY

STUDIO 1	STUDIO 2	STUDIO 3
5:15-6:00 Recreational Mini Jazz 5-7 yrs	4:30-6:00 Intermediate Foundation 12+ yrs	5:00-6:00 ADAPT Pre Intermediate 2 Jazz 12-13 yrs
6:00-6:45 Mini Tap 5-7 yrs	6:00-7:00 Pointe 2 *by invite	6:00-7:00 Stretch & Strength 8+ yrs
7:00-8:00 ADAPT Pre Intermediate 1 Jazz 11-12 yrs	7:00-8:30 Advanced 1 Foundation 13+ yrs	7:00-8:30 Intermediate Ballet 13+ yrs
8:00-9:00 ADAPT Pre Intermediate 2 Tap 12-13 yrs	8:30-9:15 Ballet Repertoire 12+ yrs	

WEDNESDAY

STUDIO 1	STUDIO 2	STUDIO 3
5:00-6:00 Primary Ballet 6 yrs	5:00-6:00 ADAPT Junior 3 Jazz 10-11 yrs	5:00-6:00 Grade 1 Ballet 7 yrs
6:00-7:00 ADAPT Junior 2 Jazz 9-10 yrs	6:00-7:00 Pre Pointe *grade 5 ballet	6:00-7:00 Grade 3 Ballet 9-10 yrs
7:00-8:00 ADAPT Junior 3 Tap 9-10 yrs	7:00-8:30 Grade 5 Ballet 11-12 yrs	7:00-8:30 Grade 4 Ballet 10-11 yrs
8:00-9:00 Adult Tap 18+ yrs		

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3
4:45-5:45 Recreational Intermediate Ballet 11+ yrs	4:30-6:00 Intermediate Foundation 12+ yrs	5:00-5:45 ADAPT Junior 2 Tap 9-10 yrs
5:45-6:45 Recreational Intermediate Jazz 11+ yrs	6:00-7:00 Pointe 1 *by invite	5:45-6:45 Junior Jumps and Turns 8-11 yrs
6:45-7:45 Stretch & Strength 8+ yrs	7:00-8:00 Intermediate 1 Jumps and Turns *by invite	6:45-7:45 Junior Contemporary /Modern 8-11 yrs
7:45-8:45 Adult BEG Ballet 18+ yrs	8:00-9:00 Inter Contemporary /Modern 12+ yrs	

FRIDAY

STUDIO 1	STUDIO 2	STUDIO 3
4:45-5:30 Recreational Mini Hip Hop 5-7 yrs	4:45-5:30 Rec Jr /Int Tap 8+ yrs	4:45-6:15 Intermediate Ballet 13+ yrs
5:30-6:15 Rec Mini Jazz Tap Combo 5-7 yrs	5:30-6:15 Recreational Junior Hip Hop 8-11 yrs	6:15-7:15 Intermediate 2 Jumps and Turns *by invite
6:15-7:00 Pre Intermediate Hip Hop 10+ yrs	6:15-7:15 Recreational Junior Jazz 8-11 yrs	7:15-8:15 ADAPT Pre Intermediate 1 Tap 11-12 yrs
7:30-8:30 Adult Hip Hop 18+ yrs	7:15-8:30 Advanced 1 Foundation 14+ yrs	
8:30-9:30 Recreational Intermediate Hip Hop 11+ yrs		

SATURDAY

STUDIO 1	STUDIO 2	STUDIO 3
	9:00-9:45 First Steps 2-3 yrs	9:15-10:00 Creative Movement 4-5 yrs
10:15 - 11:00 Little Steps 2 3-4 yrs	10:00-10:45 Creative Movement 4-5 yrs	10:15 - 11:00 Little Steps 3-4 yrs
11:15-12:00 Bouncing Boys 3-6 yrs	11:00-12:00 Primary Ballet 6-7 yrs	11:15-12:15 Pre Primary Ballet 5-6 yrs
12:15-1:15 Junior Conditioning 8-11 yrs	12:15-1:15 Intermediate Conditioning 12+ yrs	12:30-1:15 Mini Jumps and Turns 5-7 yrs

SUNDAY

STUDIO 1
10:00-10:45 Kids Zumba 7+ yrs
11:00-12:00 Adult Zumba 18+ yrs