SYNERGY
DANCE & FITNESS STUDIO

2022 Timetable

	MONDAY ROOM 1		MONDAY ROOM 2		MONDAY ROOM 3
3:45pm-5pm	Sport Aerobics K-6 years	3:45pm -4:30pm	Pre-Primary/Primary Ballet	3:30pm-4pm	Ready Set Ballet (2-5 years)
5pm-6pm	Sport Aerobics Competition Skills	4:30pm-5:15pm	Grade 1/2 Ballet	4pm-5pm	Ready Set Dance (2-5 years)
6pm-7:30pm	Sport Aerobics 7+ years	5:15pm-6pm	Grade 3 Ballet	5pm-5:30pm	Kindy Combo Class
7:30pm-8:30pm	Senior Comp Soloists	6pm-6:45pm	Grade 4 Ballet	5:30 -6pm	Mini Jazz
		6:45pm-7:45pm	Inter Foundation	6pm-6:30pm	Mini Technique/Conditioning
		7:45pm-8:45pm	Intermediate	6:30pm-7:15pm	6/u troupe
	TUESDAY ROOM 1		TUESDAY ROOM 2		TUESDAY ROOM 3
4pm - 4:45pm	Senior Acro	4pm-4:45pm	Pre-Teen Teen Tap (L 5/6)	4pm-4:45pm	Intermediate - IDT Technique/conditioning
4:45pm-5:30pm	Intermediate Hip Hop	4:45pm-5:30pm	Senior Tap (L 9/10)	4:45pm-5:30pm	Pre Teen/Teen - IDT Technique/conditioning
5:30pm-6:30pm	Senior - IDT Technique/Conditioning	5:30pm-6:15pm	Intermediate Tap	5:30pm - 6:15pm	Pre-Teen/Teen hip hop
[15 Minute Dinner Break]					
6:45pm- 7:30pm	Senior Lyrical/Contemporary	6:30pm - 7:15pm	Intermediate Lyrical/Contemporary	6:30pm-7:15pm	Pre-Teen/Teen Lyrical/Contemporary
7:30pm-8:15pm	Senior Commercial Jazz	7:15pm-8pm	Intermediate Commercial Jazz	7:15pm - 8pm	Pre-Teen/Teen Commercial Jazz
8:15pm-9pm	Senior Hip Hop	8pm-8:20pm	Intermediate/Pre-Teen Private	8pm-8:20pm	Intermediate/Pre-Teen Private
9pm-9:20pm	Alannah Private	8:20pm-8:40pm	Intermediate/Pre-Teen Private	8:20pm-8:40pm	Intermediate/Pre-Teen Private
	WEDNESDAY ROOM 1		WEDNESDAY ROOM 2		WEDNESDAY ROOM 3
3:45pm-5:15pm	Sport Aerobics Competition Skills	3:45pm -4:30pm	Grade 1/2 Ballet	3:30pm-4pm	Ready Set Ballet (2-5 years)
5:15pm-5:45pm	Abbey + Tailyn	4:30pm-5:15pm	Grade 3 Ballet	4pm-5pm	Ready Set Dance (2-5 years)
5:45pm-6:15pm	Issy + Mackenzie	5:15pm-6pm	Grade 4 Ballet	5pm-5:30pm	Mini Acrobatics
6:15pm-7pm	Year 7+ Tap	6pm-7pm	Grade 5/Inter Foundation	5:30pm-6pm	Mini Lyrical/Contemporary
7pm-7:45pm	Year 7+ JFH	7pm - 7:30pm	Pointe	6pm-6:30pm	Mini Tap (Level 1/2 Tap)
7:45pm-8:30pm	Year 7+ Lyrical	7:30pm-8:30pm	Intermediate	6:30pm-7pm	Mini Hip Hop
	THURSDAY ROOM 1		THURSDAY ROOM 2		THURSDAY ROOM 3
3:30pm-4:15pm	Year 1-3 Acrobatics	4:15pm-5pm	Open Musical Theatre	4pm-4:45pm	Mission Movement Boys Hip Hop
4:15pm-4:45pm	LilKidzAcro	5pm-5:40pm	Year 1 - Year 3 Tap	4:45pm-5:45pm	Mission Movement Boys Hip Hop
[15 Min Break]		[10 Min Break]		5:45pm-6:25pm	Year 4-6 Tap
5pm-5:45pm	Year 4-6 Acrobatics	5:50pm- 6:30pm	Year 1 - Year 3 JFH	6:25pm-7:05pm	Year 4-6 JFH
5:45pm-6:30pm	Year 7+ Acrobatics	6:30pm-7:10pm	Year 1 - Year 3 Lyrical	[5 Min Break]	
				7:10pm-7:50pm	Year 4-6 Lyrical
	FRIDAY ROOM 1		FRIDAY ROOM 2		FRIDAY ROOM 3
3:50pm-4:10pm	Amalya Private	3:50pm-4:10pm	Amelia Private	3:50pm-4:30pm	12/u Tap & Jazz Troupe
4:10pm-4:30pm	Sophia	4:10pm-4:30pm	Katalyna Private	4:30pm-5:10pm	12/u Lyrical & Hip Hop Troupe
4:30pm-5:10pm	9/u Hip Hop & Lyrical Troupe	4:30pm-4:50pm	Senior Private Spot	5:10pm-5:30pm	Shyanne Private
[5 Min Break]		4:50pm-5:10pm	Bridie Private	5:30pm-5:50pm	Michaela Private
5:15pm-6pm	Intermediate/Pre-Teen Acrobatics	5:10pm-5:30pm	Alannah Private	[10 Min Break]	
6pm-6:40pm	9/u Tap & Jazz Troupe	5:30pm-5:50pm	Tahlia Private	6pm-6:40pm	Killa Krew & Legacy
6:40pm-7pm	Abigail Private			6:40pm-7:10pm	15/u Jazz & Lyrical Troupe
	SATURDAY ROOM 1		SATURDAY ROOM 2		SATURDAY ROOM 3
8:30am-9am	LilKidzAcro			9am-9:30am	Kindy Combo Class
9am-9:40am	Year 1 - Year 3 JFH			9:30am-10:30am	Ready Set Dance (2-3 Years)
9:40am-10:10am	Pre-Primary/Primary Ballet			10:30am-11am	Ready Set Ballet (2-5 year)
				11am-12pm	Ready Set Dance (4-5 Years)
	Recreational Stream		Performance Stream		Preschool/Kindy Transition