Pro Arte Centre Class Scheduling 2009-2010

Monday

	Studio One			Studio Two			Studio Three			Studio Four			Studio Five			Studio Six	
1:30	Ballet Technique 2/3	Ms. Astrid	1:30	Ballet Technique 1	Ms. Tracy	3:45	JCM Lyrical 2	Ms. Melanie	3:45	Acro 2/3 Orange/Silver Ages 6 11	Ms. Caara	4:00	Pre-Primary Ballet Ages 5 & 6	Ms. Claudia	3:30	RENTAL	
3:00	Flexibility/ Russian Over-stretch 1/2/3	Ms. Caara	2:45	PrePointe 1	Ms. Tracy	4:45	Pre-Intermediate JCM	Ms. Melanie	4:45	Acro 3/4 Silver/Tan Ages 7- 11	Ms. Caara	4:45	Grade 1 Ballet Class A	Ms. Claudia			
3:30			3:00			5:45	Grade 2 Modern Red	Ms. Melanie	5:45	Acro 4/5 Tan/Gold	Ms. Caara	5:45	Grade 2 Modern Pink	Ms. Claudia			
3:45	Advanced Pointe	Ms. Astrid	3:45	Pre-Junior BBM Choreography	Ms. Tracy	6:45	ISTD Tap Inter/Advanced	Ms. Melanie	6:45	Acro 7 Purple/ Advanced	Ms. Caara	6:45	Grade 3 Modern Pink	Ms. Claudia			
4:45	Int/Adv Pointe & Foot Cond.	Ms. Astrid	4:45	Grade 2-4 Open Ballet A	Ms. Tracy	7:45	ISTD Grade 5/6 Tap	Ms. Melanie	7:45	Acro 6 Red/Emerald/ Purple	Ms. Caara	7:45	Grade 4 Modern Pink	Ms. Claudia			
5:15	Intermediate Pointe	Ms. Astrid	5:45	Grade 4-6 Open Ballet	Ms. Tracy	8:45			8:45			8:45			8:15		
6:00	Major Open Ballet Inter-Adv	Ms. Jenny	7:00	Grade 4-6 Pre-Pointe/Pointe	Ms. Tracy												
7:15	Pilates Matwork Class A Ages 12+ or Grade 5 Ballet+	Ms. Jenny	7:15	Rental													
8:15			9:15														

Tuesday

	Studio One			Studio Two			Studio Three			Studio Four			Studio Five			Studio Six	
1:30	Dance Conditioning 2/3	Ms. Astrid															
2:00	Level 2/3 Ballet Technique	Ms. Astrid				2:00	Lyrical Tech 1/2	Ms. Melanie									
3:30						3:30											
3:45	BMM Repertoire 3 Class A	Ms. Astrid	3:45	Grade 5 Ballet Class A	Ms. Tracy	3:45	Grade 6 Modern	Ms. Melanie	3:45	Tap Level 1 Ages 7-10	Alicia Bruce	3:45	Grade 6 Modern	Ms. Claudia	4:00	Jazz 1 Ages 9-12	Ms. Tamara
4:30										Tap Junior Competitive	Alicia Bruce	4:45	Grade 5 Modern Pink	Ms. Claudia	5:00	Jazz 2 Ages 7-9	Ms. Tamara
4:45	RAD Intermediate	Ms. Astrid	4:45	Grade 2 - 4 Open Ballet B	Ms. Tracy	4:45	Grade 5 Modern Red	Ms. Melanie	5:15	Tap Senior Competitive	Alicia Bruce						
5:45			5:45	Grades Dance Conditioning A	Ms. Tracy	5:45	JCM Jazz Technique Level 1	Ms. Melanie	6:00	Tap Level 2 Ages 9+	Alicia Bruce	5:45	Open Flamenco Ages 12 +	Ms Stephanie	6:00	Senior Open Lyrical Ages 13+	Ms. Tamara
6:15	Inter Foundation/ Grade 6 Pointe	Ms. Astrid	6:15	Grade 3 Ballet Class A	Ms. Tracy												
6:45						6:45						6:45	Open Flamenco Ages 12 +	Ms Stephanie	7:00	JCM Jazz Technique Level 4	Ms. Tamara
7:00						7:00	ADULT JAZZ		7:00	Stage Tap Ages 12+	Alicia Bruce						
			7:15	Grade 6 Syllabus	Ms. Tracy							7:45					
8:00									8:00	Adult Tap	Alicia Bruce				8:15		
			8:45														
9:00						9:00			9:00								

Wednesday

	Studio One			Studio Two			Studio Three			Studio Four			Studio Five			Studio Six	Resource Centre
1:30	Floor Barre/Pilates/ Yoga/Personal Training	Ms. Astrid & Guest Lectures															
			2:00	Ballet Technique 1	Ms. Tracy												
2:30	Sports Science/ Dance Education Modules	Ms. Astrid/ Ms. Melanie															
3:30			3:30												3:30	RENTAL	
3:45	Ballet Coaching - Intermediate/Advanced BMM	Ms. Stephana	3:45	Inter Foundation Ballet	Ms. Astrid	3:45	Grade 4 Modern Red	Ms. Melanie	3:45	Junior Competitive Acro (Silver-Tan)	Ms. Caara	3:45	Grade 1 Ballet Class B	Ms. Tracy			
						4:45	Advanced 2 Modern	Ms. Melanie	4:45	Acro 2/3 Orange/Silver Ages 6 11	Ms. Caara	4:45	Grade 5 Ballet Class B	Ms. Tracy			Acting 1
5:15	BMM Repertoire 3 Class B	Ms. Stephana	5:15	BMM Repertoire 2	Ms. Astrid	5:45	Junior Advanced JCM Choreography	Ms. Melanie	5:45	Acro 4/5 Tan/Gold	Ms. Caara	5:45	Grade 2 Ballet Pink	Ms. Tracy			Acting 2
6:15	BMM/JCM Contemporary Technique	Ms. Stephana	6:15	Teen Open Ballet	Ms. Jenny	6:45	JCM Jazz Technique Level 2	Ms. Melanie	6:45	Acro 6/7 Props & Double Work	Ms. Caara	6:45	Grades Dance Conditioning D	Ms. Tracy			
7:30			7:30	Pilates Matwork Class B Ages 12+ or Grade 5 Ballet+	Ms. Jenny	7:45			7:45	Intermediate Competitive Acro (Gold+)	Ms. Caara	7:15					
			8:30						8:45						8:30		

Thursday

	Studio One			Studio Two			Studio Three			Studio Four			Studio Five			Studio Six	
			1:30	Dance Conditioning	Ms. Jenny												
2:00	Adv 2 ISTD Syllabus Ballet	Ms. Astrid	2:00	Ballet Technique 1/2	Ms. Jenny	2:00	Jazz 2/3	Ms. Melanie									
3:30			3:30			3:30											
3:45	BMM/JCM Contemporary 4	Ms. Astrid	4:00	Grade 4 Ballet Class A	Ms. Tracy	3:45	Intermediate Modern	Ms. Melanie	4:00	Musical Theatre 2 Red Ages 8 & 9	Ms. Monique	3:45	Primary Ballet Ages 7 & 8	Ms. Claudia	3:45	Jazz 1 Ages 6-8	Ms. Tamara
4:45	BMM/JCM Contemporary 3	Ms. Astrid	5:00	BMM Repertoire 1	Ms. Tracy	4:45	Advanced 1 Modern	Ms. Melanie	5:00	Musical Theatre 1 Ages 6 & 7	Ms. Monique	4:45	Grade 2 Ballet Pink Class B	Ms. Claudia	4:45	JCM Jazz Technique Level 3	Ms. Tamara
5:45	BMM/JCM Contemporary 1	Ms. Astrid	5:45	Grades Dance Conditioning B	Ms. Tracy				5:45	Musical Theatre 4 Ages 12+	Ms. Monique	5:45	Grade 2 - 4 Once Per WeekBallet	Ms. Claudia			
			6:15	Grade 3 Ballet Class B	Ms. Tracy	6:00	Festival Privates	Ms. Melanie							6:00	JCM Lyrical Jazz Technique	Ms. Tamara
6:45									6:45	Musical Theatre 3 Ages 10 & 11	Ms. Monique	6:45	Open Contemporary Ages 12+	Ms. Claudia			
			7:15	Grade 6- Interfoundation Technique & Pointe	Ms. Tracy	7:00	JCM Intermediate/Advanced Choreography	Ms. Melanie							7:00	Jazz 2 Ages 13+	Ms. Tamara
									7:45			7:45					
						8:00			8:00	Senior Competitive Musical Theatre	Ms. Monique				8:00		
			8:45														
									9:00								

Friday

	Studio One			Studio Two			Studio Three			Studio Four			Studio Five			Studio Six	
1:30	Open Ballet Level 2/3	Ms Astrid	1:30	Ballet Technique 1	Ms. Tracy												
			2:45	Pointe/Pre-Pointe	Ms. Tracy												
3:00	Acro - Cardio & Stretch	Ms. Astrid	3:00														
3:30																	
3:45	ISTD Advanced 1	Ms. Astrid	3:45	Intermediate ISTD	Ms. Tracy				3:45	Junior Open Stage Ages 8-11	Ms. Kayla						
						4:00	Grade Three Modern	Ms. Melanie									
									4:30	Junior Hip Hop Ages 10-12	Ms. Kayla				4:30	Jazz 2 Ages 13+ Class B	Ms. Tamara
							Grade Three BOYS										
5:15	BMM/JCM Contemporary 2	Ms. Astrid	5:15	Grade 4 Ballet Class B	Ms. Tracy	5:15	JCM Lyrical 3 Choreography	Ms. Melanie	5:30	Senior Open Stage Ages 12+	Ms. Kayla				5:30	Jazz 2 Ages 10-12	Ms. Tamara
6:15			6:15	Grades Dance Conditioning C	Ms. Tracy												
						6:30	JCM Stage 3 Choreography	Ms. Melanie	6:30	Senior Hip Hop Ages 13+ & Pre-Intermediate JCM	Ms. Kayla				6:30	Junior Open Lyrical Ages 10-12	Ms. Tamara
			6:45	Grade 4-6 Pre-Pointe/Pointe	Ms. Tracy												
			7:00														
						7:30	JCM Stage 2 Choreography	Ms. Melanie	7:30						7:30	JCM Street Jazz	Ms. Tamara
						8:30									8:30		

Saturday

Studio One		Studio Two		Studio Three		Studio Four		Studio Five		Studio Six	
								9:00	Creative Dance Ages 3 & 4	Ms. Claudia	
				9:45	Modern Grade 1	Ms. Melanie		9:45	Primary Modern	Ms. Claudia	
10:00	Major Open Ballet - Intermediate/Advanced	Ms. Tracy/ Ms. Astrid		10:30	Lyrical 1	Ms. Melanie	10:30	Primary Tap	Ms. Monique	10:30	Grade 2 Ballet Red Class B	Ms. Claudia	
11:30	Major Dance Conditioning & Flexibility	Ms. Tracy		11:30	JCM Stage 1 Choreography	Ms. Melanie	11:30	Musical Theatre 2 Pink Ages 8 & 9	Ms. Monique	11:30	Primary Ballet Ages 6 & 7	Ms. Claudia	
12:30	Adv/Int/Prelnt BBM Choreography - as required	Ms. Astrid	12:30	Junior BMM Choreography	Ms. Tracy	12:30	Pre-Junior/Junior JCM	Ms. Melanie	12:30	Junior Competitive Musical Theatre	Ms. Monique	12:30	Grade 1 Ballet Pink Class B	Ms. Claudia	
			1:30	Junior Advanced BMM Choreography	Ms. Tracy	1:30	JCM & STM - as required	Ms. Melanie	1:30						
			2:30	BMM - as required	Ms. Tracy										
			4:30												
5:00						5:00									