TIMETABLE

Tinies 2026

MONDAY

9.00-10.00am Ready Set Dance L1

9.00-10.00am Ready Set Dance L2

10.00-10.30am Ready Set Ballet

10.30-11.00am Reday Set Acro

TUESDAY

WEDNESDAY

3.45-4.15pm Ready Set Acro

4.15-5.00pm Ready Set Dance L2

THURSDAY

9.00-10.00am Ready Set Dance

10.00-10.30am Ready Set Ballet

10.30-11.00am Reday Set Acro

FRIDAY

SATURDAY

9.00-10.00am Ready Set Dance L1

9.00-10.00am Ready Set Dance L2

10.00-10.30am Ready Set Ballet

10.30-11.00am Reday Set Acro

TIMETABLE

Mini 2026

MONDAY

4.00-5.00pm Beginner Acro

3.45-5.00pm Intermediate Acro

6.30-7.00pm 10/u Acro Troupe

7.00-7.30pm Contortion

TUESDAY

3.30-4.00pm Musical Theatre

4.00-4.30 6/u Troupe

4.30-5.00pm Mini Lyrical

5.00-5.30pm Mini Jazz

WEDNESDAY

4.00-4.30pm Mini Tap

4.30-5.00pm Mini Hip Hop

5.00-5.45pm Contortion

5.00-5.30pm Primary Ballet

THURSDAY

4.00-5.00pm Beginner Acro

FRIDAY

3.45-4.45pm Petite Extension

DANCEFIT
Dance Academy

TIMETABLE

Petite 2026

MONDAY

4.00-5.00pm Beginner Acro
3.45-5.00pm Intermediate Acro
5.00-6.30pm PreAdvanced Acro
5.00-6.30pm Advanced Acro
6.30-7.00pm 10/u Acro Troupe
7.00-7.30pm Contortion
7.45-8.15pm 16/u Acro Troupe

TUESDAY

3.30-4.00pm Musical Theatre
4.00-4.30 10/u Troupe
4.30-5.15pm Petite Jazz
5.15-6.00pm Petite Lyrical/Contemp
6.00-6.45pm Grade 1 Ballet

WEDNESDAY

4.00-4.30pm Petite Hip Hop
4.30-5.00pm Petite Tap
5.00-5.45pm Contortion
5.45-6.30pm Acro Extension

THURSDAY

4.00-5.00pm Beginner Acro

FRIDAY

3.45-4.45pm Petite Extension

DANCEFIT
Dance Academy

TIMETABLE

Junior 2026

MONDAY

4.00-5.00pm Beginner Acro
3.45-5.00pm Intermediate Acro
5.00-6.30pm PreAdvanced Acro
5.00-6.30pm Advanced Acro
6.30-7.00pm 10/u Acro Troupe
7.00-7.30pm Contortion
7.45-8.15pm 16/u Acro Troupe

TUESDAY

4.00-4.30 10/u Troupe
4.30-5.15pm Musical Theatre Jr+
5.15-5.45pm Junior Tap
6.00-6.45 Junior Lyrical/Contemp
6.45-7.15pm 12/u Troupe

WEDNESDAY

4.00-4.30pm Stretch
4.30-5.00pm Kicks/Leaps/Turns
5.00-5.45pm Grade 3 Ballet
5.00-5.45pm Grade 2 Ballet
5.00-5.45pm Contortion
5.45-6.30pm Acro Extension
6.30-7.30pm Junior Jazz
7.30-8.00pm Junior Hip Hop

THURSDAY

4.00-5.00pm Beginner Acro
6.15-6.45pm Kicks/Leaps/Turns

FRIDAY

4.45-6.45pm Junior Extension

DANCEFIT
Dance Academy

TIMETABLE

Preteen 2026

MONDAY

4.00-5.00pm Beginner Acro
3.45-5.00pm Intermediate Acro
5.00-6.30pm PreAdvanced Acro
5.00-6.30pm Advanced Acro
6.30-7.00pm 10/u Acro Troupe
7.00-7.30pm Contortion
7.45-8.15pm 16/u Acro Troupe

TUESDAY

5.45-6.15pm Preteen Tap
6.45-7.15pm 12/u Troupe
7.15-7.45pm Preteen Hip Hop
7.45-8.45pm Grade 4 Ballet

WEDNESDAY

4.00-4.30pm Stretch
4.30-5.00pm Kicks/Leaps/Turns
5.00-5.45pm Grade 3 Ballet
5.00-5.45pm Contortion
5.45-6.30pm Acro Extension

THURSDAY

4.00-4.45pm Preteen Lyrical
4.45-5.30pm Preteen Contemp
5.30-6.00pm 14/u Troupe
6.00-6.15pm 16/u HipHop Troupe
6.15-6.45pm Kicks/Leaps/Turns
6.45-7.45pm Preteen Jazz
8.00-8.30pm 16/u Troupes

FRIDAY

4.45-6.45pm Junior Extension
6.15-8.15pm Senior Extension

DANCEFIT
Dance Academy

TIMETABLE

Teen 2026

MONDAY

4.00-5.00pm Beginner Acro
3.45-5.00pm Intermediate Acro
5.00-6.30pm PreAdvanced Acro
5.00-6.30pm Advanced Acro
7.00-7.30pm Contortion
7.45-8.15pm 16/u Acro Troupe

TUESDAY

WEDNESDAY

4.00-4.30pm Stretch
4.30-5.00pm Kicks/Leaps/Turns
5.00-5.45pm Contortion
5.45-6.30pm Acro Extension
5.30-6.15pm Teen Lyrical
6.15-6.45pm Teen Hip Hop
6.45-7.45pm Teen Jazz
7.45-8.45pm Inter Found Ballet
7.45-8.45pm Grade 5 Ballet

THURSDAY

4.30-5.00pm Pointe
5.00-6.00pm Intermediate Ballet
5.30-6.00pm 14/u Troupe
6.00-6.15pm 16/u HipHop Troupe
6.15-6.45pm Kicks/Leaps/Turns
6.45-7.30pm Teen Contemp
7.30-8.00pm Teen/Senior Tap
8.00-8.30pm 16/u Troupes

FRIDAY

6.15-8.15pm Senior Extension

DANCEFIT
Dance Academy

TIMETABLE

Senior 2026

MONDAY

4.00-5.00pm Beginner Acro
3.45-5.00pm Intermediate Acro
5.00-6.30pm PreAdvanced Acro
5.00-6.30pm Advanced Acro
7.00-7.30pm Contortion
7.45-8.15pm 16/u Acro Troupe

TUESDAY

6.15-6.45pm Senior Hip Hop
6.45-7.30pm Senior Heels
7.30-8.15pm Senior Lyrical
8.15-9.15pm Senior Jazz

WEDNESDAY

4.00-4.30pm Stretch
4.30-5.00pm Kicks/Leaps/Turns
5.00-5.45pm Contortion
5.45-6.30pm Acro Extension
7.45-8.45pm Inter Found Ballet

THURSDAY

4.30-5.00pm Pointe
5.00-6.00pm Intermediate Ballet
5.00-6.00pm Advanced Ballet
6.00-6.15pm 16/u HipHop Troupe
6.15-6.45pm Kicks/Leaps/Turns
6.45-7.30pm Senior Contemp
7.30-8.00pm Teen/Senior Tap
8.00-8.30pm 16/u Troupes

FRIDAY

6.15-8.15pm Senior Extension

DANCEFIT
Dance Academy

TIMETABLE

Aerials 2026

MONDAY

3.30-4.00pm Mini Aerials (4-6 yrs)
4.00-4.45pm Intermediate Aerials
5.00-5.45pm Beginner Aerials (10/u)
5.45-6.30pm Beginner Aerials (11yr+)
6.30-7.15pm Advanced Aerials
7.15-7.45pm Aerial Partnering (advanced only)

DANCEFIT
AERIAL ACADEMY

TUESDAY

3.45-4.30pm Intermediate Aerials
4.30-5.15pm Beginner Aerials
6:45-7:30pm Advanced Aerials