

Pro Arte Centre Class Schedule 2017-18

MONDAY

Grey Studio		Black Studio		Bay Studio		Fishbowl Studio		The Grotto Studio		
								CatchingART (CA)		
								HalfDay Classes		
								PTP Classes		
								PPP Classes		
								Competitive Classes		
								Open Classes		
								Special/External		
1:30	PTP Ballet Technique CA/Adv 2 Ms. Bev/ Astrid	1:30	PTP Contemporary Ballet Technique Adv 1/ Inter 2 Ms. Stephana	1:30	PTP Ballet Technique Inter 1 /Pre-Inter Ms. Bev/ Astrid					
3:00	Dance Conditioning 15+ Ms. Bev/ Stephana	3:00	Dance Conditioning 14 & under Ms. Bev/ Stephana	3:00	Private Coaching	3:00	Private Coaching		3:00	Ms. Tania Private Coaching
3:30	Ms. Astrid Private Coaching		Ms. Stephana Private Coaching		Ms. Bev Private Coaching		Private Coaching		Ms. Tania Private Coaching	
4:00	PTP Repertoire Pointe/ Rehearsal/ CA/Adv2 Ms. Astrid/ Bev/ Tania	4:00	PTP Repertoire Pointe/ Rehearsal/ Adv 1/ Inter 2 Ms. Astrid/ Bev/ Tania	4:00	PTP Repertoire Pointe/ Rehearsal/ Inter 1 / Pre-Inter Ms. Astrid/ Bev/ Tania	4:00	Acro 1 Ages 5 - 8 Ms. Alisha	4:00	Boys Ballet	Mr. Ben
5:00	ISTD Intermediate Ballet Syllabus Ms. Astrid	5:00	PTP CA/Adv 2 Pas De Deux Ms. Stephana	5:00	RAD Advanced 1 Ballet Syllabus Ms. Tania	4:45	Acro 2 Ages 8 - 11 Ms. Alisha	4:45	ISTD Grade 1 Ballet Syllabus Class A Ms. Sophia	
		5:45	PTP/CP Contemporary Technique Adv 2/ CA Ms. Stephana	5:45		Acro 3 Ages 9 - 13 Must be able to go down into & up from a backbend bridge Ms. Alisha	5:45	ISTD Grade 2/3 Open Ballet Technique Ms. Sophia		
6:30		6:30		6:30	Ms Astrid/Tania/ Stephana Private Coaching		6:30	Ms Astrid/Tania/ Stephana Private Coaching		
6:45	GRAD Ballet Ms. Tania/ Stephana	6:45		6:45		6:45	Competitive Acro Must be Acro 3 or 4 Ms. Astrid / Ms. Alisha			
		7:15		7:15		7:15	Acro 4 Must be able to do Front And Back Walkovers Ms. Alisha			
8:00			8:00		8:00		8:15			

TUESDAY

Grey Studio		Black Studio		Bay Studio		Fishbowl Studio		The Grotto Studio	
									CatchingART (CA)
									HalfDay Classes
									PTP Classes
									PPP Classes
									Competitive Classes
									Open Classes
									Special/External
1:30	PTP Ballet Technique CA/Adv Ms. Bev/ Yana	1:30	PTP Ballet Technique Pre-Inter/Inter Ms. Bev/ Yana						
3:00	Dance Conditioning 15+ Ms. Bev/ Yana	3:00	Dance Conditioning 14 & under Ms. Bev/ Yana	3:00	Ms. Tania Private Coaching	3:00	Ms. Kim Private Coaching	3:00	Ms. Astrid Private Coaching
3:30	Ms. Bev Private Coaching	3:30	Ms. Stephana Private Coaching	3:30	Ms. Tania Private Coaching	3:30	Ms. Kim Private Coaching	3:30	Ms. Astrid Private Coaching
4:00	Foot Strength 15+ Ms. Bev/ Stephana	4:00	Foot Strength 14 & Under Ms. Bev/ Stephana	4:00	Ms. Tania Private Coaching	4:00	CA Rehearsal as needed Ms. Astrid	4:00	ISTD Grade 2 Modern Syllabus Ms. Kim
4:30	PTP Pointe/ Rehearsal/ Repertoire CA/Adv2 Ms. Bev/ Tania/ Stephana	4:30	PTP Repertoire Pointe/ Rehearsal/ Adv 1/ Inter 2 Ms. Bev/ Tania/ Stephana	4:30	PTP Repertoire Pointe/ Rehearsal/ Inter 1 / Pre-Inter Ms. Bev/ Tania/ Stephana	5:00	ISTD Grade 1 Ballet Syllabus Class B Ms. Sophia	5:00	Gr 2 Flexibility & Core Strength Ms. Kim
5:30	CA Rehearsal as needed Ms. Astrid	5:30	ISTD Advanced 2 Modern Syllabus Ms. Kim	5:30	RAD Intermediate Ballet Syllabus Ms. Tania	6:00	ISTD Grade 2 Ballet Syllabus Class A Ms. Sophia	5:30	PTP Contemporary Technique Inter 2 Ms. Stephana
6:30								6:30	
6:45	Jnr Adv Ballet Technique Ms. Tania	6:45	Ages 13+ Contemporary Jazz Technique Ms. Rosie	6:45	Adult Body Conditioning Ms. Stephana	7:00	Adult Jazz	6:45	PTP Pre-Inter/Inter Contact Improv Ms. Kim
7:45	Jnr Adv Ballet Choreography Ms. Tania	7:45	Snr Open Contemporary Ages 13+ Ms. Kim	8:00				7:15	Ms. Kim Private Coaching
8:30								8:30	
		8:45							

THURSDAY

Grey Studio		Black Studio		Bay Studio		Fishbowl Studio		The Grotto Studio	
									CatchingART (CA)
									HalfDay Classes
									PTP Classes
									PPP Classes
									Competitive Classes
									Open Classes
									Special/External
1:30	PTP Ballet Technique CA/Adv Ms. Tania/Stephana	1:30	PTP Ballet Technique Pre-Inter/Inter Ms. Tania/Stephana						
3:00	Dance Conditioning 15+ Ms. Tania/Stephana	3:00	Dance Conditioning 14 & under Ms. Tania/Stephana	3:00	Private Coaching			3:00	Private Coaching
3:30	Private Coaching		Private Coaching		3:30	Private Coaching		3:30	Private Coaching
4:00	PTP Pointe/ Rehearsal/ CA/Adv2 Ms. Astrid/Stephana	4:00	PTP Pointe/Repertoire/ Rehearsal Adv 1/ Inter Ms. Astrid/Stephana	4:00	ISTD Grade 4 Ballet Syllabus Class A Ms. Tania			4:00	ISTD Grade 3 Modern Syllabus Ms. Kim
5:00	ISTD Ballet Advanced 2 Syllabus / CA Rehearsal Ms. Astrid	5:00	Contact Improv Techniques Adv 1/ Inter half day Ms. Kim	5:00	RAD Ballet Advanced 2 Syllabus Ms. Tania	5:00	PPP Junior Ballet Technique Ms. Sophia	5:00	
		5:30	ISTD Advanced 1 Modern Syllabus Ms. Kim			5:45	PPP Junior Ballet Choreography Ms. Sophia	5:45	Grade 3/4 Pre-Pointe & Foot Conditioning Ms. Stephana
6:30				6:30		ISTD Grade 3 Ballet Syllabus Class A Ms. Tania	6:30	Adult Body Conditioning Ms. Stephana	6:45
		7:45	Snr Open Hip Hop Ages 13+ Ms. Montana	7:30		7:45			
			Snr Open Lyrical Ages 13+ Ms. Montana						
		8:45							

Friday

Grey Studio		Black Studio		Bay Studio		Fishbowl Studio		The Grotto Studio			
									CatchingART (CA)		
									HalfDay Classes		
1:30	PTP Contemporary Ballet Technique CA/Adv 2 Ms. Stephana	1:30	PTP Ballet Technique Adv 1/ Inter 2 Ms. Astrid/Yana	1:30	PTP Ballet Technique Inter 1 /Pre-Inter Ms. Astrid/Yana				PTP Classes		
										PPP Classes	
											Competitive Classes
											Open Classes
											Special/External
3:00	Dance Conditioning 15+ Ms. Stephana/Astrid	3:00	Dance Conditioning 14 & under Ms. Stephana/Astrid	3:00	Private Coaching			3:00	Private Coaching		
3:30	Private Coaching	3:30	Private Coaching	3:30	Private Coaching	3:30	Private Coaching	3:30	Private Coaching		
4:00	PTP Repertoire Pointe/ Rehearsal/ CA/Adv2 Ms. Astrid/Stephana	4:00	PTP Pointe/ Classical Repertoire Adv 1/ Inter 2 Ms. Astrid/Stephana	4:00	ISTD Grade 3 Ballet Syllabus Class B Ms. Tania			4:00	ISTD Grade 6 Modern Syllabus Ms. Desiree		
5:00	ISTD Advanced 1 Ballet Syllabus Ms. Astrid	5:00	Contact Improv Techniques CA / Adv 2 Ms. Desiree	5:00	ISTD Grade 4 Ballet Syllabus Class B Ms. Tania			5:00	PTP Contemporary Technique Pre-Inter/Inter 1 Ms. Stephana		
		5:30	ISTD Intermediate Modern Syllabus Ms. Desiree					5:45			
6:15				6:00	Pre-Inter/Inter Pointe Ms. Tania	6:00	PPP Jnr Adv Lyrical Technique & Choreo Ms. Rosie				
		6:30		6:30	ISTD Intermediate Foundation Ballet Syllabus Ms. Tania						
						7:00					
				7:45							

