

Pro Arte Centre Class Schedule 2018-19

MONDAY

Grey Studio		Black Studio		Fishbowl Studio		Pipe Studio		Grotto Studio					
12:45	Private Coaching	12:45	Private Coaching	12:45	Available for Private Coaching Guest & Pro Arte Faculty		12:45	Available for Private Coaching Guest & Pro Arte Faculty					
1:30	Accelerated Half Day Program Ballet Technique & Conditioning Astrid Sherman	1:30	Protégé Program Ballet Technique Class Beverley Bagg	3:30			Hoop Private			3:45	De Danaan Irish School of Dance		
3:30	Astrid Sherman Private Coaching	3:30		4:00			AFSA Acrobatics 2 Must be able to go up and down from a backbend bridge			Ashara			4:15
4:00	Accelerated Program Pointe Technique Astrid Sherman	3:45	Protégé Program Pointe Technique Beverley Bagg	4:45	Protégé Dance Conditioning/PBT Beverley Bagg	5:00	AFSA Acrobatics 1 Orange, Yellow & Silver	Ashara	5:00	Tap 2			Leah Kos
5:00	ISTD Intermediate Ballet Syllabus Astrid Sherman	5:15	ISTD Modern Grade 5 Sophia Curalli	6:00			6:00	Competitive Tap	Leah Kos				
6:15	Pre- Protégé Ballet Technique by invitation Grade 4 - Inter F Astrid Sherman/ Beverley Bagg	6:15		6:15	Competitive Acro	Ashara	6:45						
7:15	Astrid Sherman Private Coaching	6:30	ISTD Modern Intermediate Sophia Curalli	7:00	Aerial HOOP Class - limited to 6	Ashara	7:00	Junior Open Lyrical Ages 9 - 11	Rosie Lewis				
7:45		7:30		8:00			8:00	Snr Open Jazz Technique Teen	Rosie Lewis				
							9:00						

Class Key	
	Ages 5-8
	Ages 6-9
	Ages 7-10
	Ages 8-11
	Ages 9-11/12
	Teen
	Streamed (by audition)
	Privates

TUESDAY

Grey Studio		Black Studio		Fishbowl Studio		Pipe Studio		The Grotto Studio		
12:45	Private Coaching	12:45	Private Coaching	12:45	Available for Private Coaching Guest & Pro Arte Faculty	12:45	Available for Private Coaching Guest & Pro Arte Faculty	12:45	De Danaan Irish School of Dance	
1:30	Accelerated Half Day Program Technique & Conditioning Astrid Sherman	1:30	Protégé Program Ballet Technique Class Beverley Bagg							
3:30	Astrid Sherman Private Coaching	3:30								
4:00	Accelerated Program Pointe Technique Astrid Sherman	3:45	Protégé Program Pointe Technique Beverley Bagg	4:00		Junior Open Jazz Ages 7 - 10 Montana Moore		4:00		ISTD Modern Grade 3/4 Sophia Curalli
5:00	ISTD Intermediate Foundation Ballet Syllabus Astrid Sherman	4:45	Protégé Dance Conditioning/PBT Beverley Bagg	5:00	Hip Hop Ages 7-10 Montana Moore	5:00	ISTD Grade 3 Ballet Syllabus Sophia Curalli			
		5:15	Beverley Bagg Private Coaching							
		5:45	Beverley Bagg Private Coaching							
6:15	Grade 3/4/Inter Foundation Dance Conditioning & Flexibility Astrid Sherman	6:15	Beverley Bagg Private Coaching		6:00	Snr Open Contemporary Technique Teen Montana Moore	6:00	Junior Musical Theatre Gina Oh		
7:00	ISTD Ballet Syllabus Grade 4 Astrid Sherman	7:00	Snr Open Lyrical Technique Teen Montana Moore	7:00						
8:00		8:00								

Class Key	
	Ages 5-8
	Ages 6-9
	Ages 7-10
	Ages 8-11
	Ages 9-11/12
	Teen
	Streamed (by audition)
	Privates

WEDNESDAY

Grey Studio		Black Studio		Fishbowl Studio		Pipe Studio		The Grotto Studio			
1:00		1:00	Astrid Sherman Private Coaching		1:00		1:00		1:00		
		1:30	Enrichment Classes: Mental Training/ Dance Psychology / Character / Yoga/ Nutrition/ Dance Science/ Career Guidance/ Flamenco Astrid Sherman/ Beverley Bagg/ Guest								
2:30	Protégé Program Progressive Ballet Technique/ Floor Barre	Beverley Bagg/ Astrid Sherman	2:30	Accelerated Program Progressive Ballet Technique/ Floor Barre	Beverley Bagg/ Astrid Sherman						
3:30			3:30	Astrid Sherman Private Coaching							
3:45	Protégé Ballet Program Technique Class	Beverley Bagg	4:00	Major Open Ballet Technique Class	Astrid Sherman	4:00	Junior Industry Jazz/Lyrical Technique	Montana Moore			
			5:00			Montana Moore Private Coaching					
5:30			Protégé Program Repertoire / Pas de Deux			Beverley Bagg	5:30	Major Open Contemporary Ballet Pointe Technique	Astrid Sherman	5:30	Montana Moore Private Coaching
			6:00			6:00	Montana Moore Private Coaching		6:00	Junior Contemporary Choreography	Sophia Curalli
6:30	Beverley Bagg Private Coaching		6:30	Senior Industry Contemporary Choreography	Montana Moore				6:45	ISTD Grade 4/Inter F Unset Ballet	Sophia Curalli
7:00	Beverley Bagg Private Coaching										
7:30			7:30						7:45		

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	Ages 6-9
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	Ages 9-11/12
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	Privates

De Danaan Irish School of Dance

THURSDAY														
Grey Studio			Black Studio			Fishbowl Studio Studio			Pipe Studio			The Grotto Studio		
12:45	Private Coaching		12:45	Private Coaching		12:45	Available for Private Coaching Guest & Pro Arte Faculty		12:45	Available for Private Coaching Guest & Pro Arte Faculty				
1:30	Protégé Program Ballet Technique Class	Beverley Bagg	1:30	Accelerated Half Day Program Contemporary Ballet Technique & Conditioning	Astrid Sherman									
3:30			3:30	Astrid Sherman Private Coaching										
3:45	Protégé Program Pointe Technique	Beverley Bagg	4:00	Accelerated Program Pointe Technique	Astrid Sherman	4:00	Junior Open Hip Hop Ages 9 - 12	Montana Moore						
4:45														
5:00	Progressive Ballet Technique	Beverley Bagg	5:00	Astrid Sherman Private Coaching		5:00	Jnr Competitive Jazz Choreography	Montana Moore						
			5:30	Astrid Sherman Private Coaching										
6:00	Beverley Bagg Private Coaching		6:00	Competitive Classical Group Choreography Ages 12 - 14	Astrid Sherman	6:00	Senior Open Hip Hop Teen	Montana Moore						
6:30	Beverley Bagg Private Coaching		6:45	Astrid Sherman Private Coaching		7:00	Senior Competitive Jazz Choreography	Montana Moore						
			7:15											
						8:00								

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	Ages 9-11/12
	Teen
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Friday														
	Grey Studio			Black Studio			Fishbowl Studio			Pipe Studio			The Grotto Studio	
12:45	Private Coaching		12:45	Private Coaching		12:45	Available for Private Coaching Guest & Pro Arte Faculty		12:45	Available for Private Coaching Guest & Pro Arte Faculty				
1:30	Protégé Program Inter/Advanced Technique Class	Beverley Bagg	1:30	Accelerated Half Day Program Technique & Conditioning	Astrid Sherman									
3:30			3:30	Astrid Sherman Private Coaching										
3:45	Protégé Program Pointe Technique	Beverley Bagg	4:00	Pre- Protégé Ballet Technique by invitation Grade 4 - Inter F	Astrid Sherman				4:30	Gr 1/2/3 Dance Conditioning & Flexibility	Dawn Rodel			
4:45	Foot Conditioning: Strength for Jump & Pointe	Beverley Bagg	5:00	Competitive Ballet Choreography Grade 4 - Intermediate Foundation	Astrid Sherman	5:00	Gr 2/3 Ballet Technique	Sophia Curalli	5:00	ISTD Ballet Grade 1	Dawn Rodel			
5:15	RAD Syllabus Intermediate	Beverley Bagg & RAD Examiners	6:00	Classical Repertoire Variations	Astrid Sherman	6:00			6:00	Ballet Choreography Grade 1 - 3	Dawn Rodel			
6:45			6:30						6:45					

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	Ages 8-11
	Ages 9-11/12
	Teen
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	Privates

SATURDAY

Grey Studio		Black Studio		Fishbowl Studio		Pipe Studio		The Grotto Studio	
		9:30				9:30			9:30
9:45	Grade 4 - Intermediate Open Ballet Technique Astrid Sherman		ISTD Modern Grade 2 Sophia Curalli	9:45	PRIVATE		ISTD Ballet Primary Dawn Rodel		
		10:30						10:30	
	Grade 4 - Intermediate Foot Conditioning & Pointe/ Pre Pointe Astrid Sherman		ISTD Ballet Grade 2 Syllabus Sophia Curalli	10:45	ISTD Grade 1 Modern	Rosie Lewis	10:45	ISTD Ballet Grade 1 Dawn Rodel	
11:00									
11:30		11:30							
11:45	Senior Industry Lyrical/Jazz Technique Montana Moore			11:45	Junior Industry Lyrical Technique & Choreography Ages 9 - 11 Rosie Lewis		11:45		
					12:45	Jnr Groove & Own Choreo Class Rosie Lewis			
1:00	Senior Industry Lyrical Choreography Montana Moore								
1:45	Senior Industry Hip Hop Choreography Montana Moore			1:45					
2:30									

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