

Dance Xtreme

Napane Schedule 2018-2019

Monday

Miss Mikhala	Miss Sara	Miss Kayla
4:30-5:00 Competitive Solos	5:00-5:30 Primary Ballet Exam (NS)	5:15-5:45 10 week class-Jazz/Hip Hop 3-4 yrs (NS) - \$115 +HST
5:00-6:15 Sr Jazz Tech (NS) CLOSED	5:30-6:15 Jr Ballet Tech (NS) CLOSED	5:45-6:15 Rec Tap 7+ yrs - \$200 +HST
6:15-6:45 Contortion (NS) CLOSED		6:45-7:15 Pre-Primary Tap Exam (NS)
6:45-7:45 Jr/Inter Core & Balance (NS) CLOSED		Rec Lyrical 10+ yrs - \$250 +HST
7:45-8:30 Rec Hip Hop 10+ yrs		7:15-8:00 +HST

Tuesday

Ms Shannon	Ms Nicole	Miss Kelsey
2:30-3:00 Competitive Solos	3:45-4:15 Competitive Solos	5:15-5:45 10 week class-Ballet/Acro 3- 4 yrs (NS) - \$115+HST
3:00-4:00 Associate Ballet Exam (part 1) (NS)	4:15-4:45 Competitive Solos	5:45-6:15 Rec Jazz 4-6 yrs
4:00-4:45 Competitive Solos	4:45-5:45 Sr Ballet Tech (NS) CLOSED	6:15-6:45 Rec Ballet 7+ yrs
4:45-5:45 Inter Ballet Tech (NS) CLOSED	5:45-6:45 Inter Jazz Tech (NS)	
5:45-6:30 Comp Sr Tap Group	6:45-7:15 Tumbling (NS)	
6:45-7:15 Competitive Solos	7:15-8:00 Rec Musical Theater 8+yrs	
7:15-8:00 Tap Tech (NS)		
8:00-9:00 Sr Core & Balance (NS) CLOSED		
9:00-9:45 Rec Pointe		
9:45-10:15 Elementary Tap Exam		

Wednesday

Ms Shannon

4:00-4:45 Tap Exam Grade 4 (NS)
4:45-5:15 Comp Tap Duet
5:15-5:45 Competitive Solos
5:45-6:15 Comp Sr Movement Group
6:15-7:00 Comp Sr Hip Hop Group
7:00-7:45 Comp Sr Jazz Group 1
7:45-8:45 Rec Acrobatic Arts 10+
Competitive A Team Trio (bi-weekly)
9:00-9:30

Ms Nicole

3:15-4:15 Associate Ballet Exam (part 2)(NS)
4:15-4:45 Improv (NS)
4:45-5:30 Comp Sr Contemporary Grp
5:30-6:15 Competitive Solos
6:15-7:00 Rec Ballet 10+ yrs
7:00-7:45 Comp Sr Jazz Group 2
7:45-8:15 Comp Sr Acro Group
Comp Sr Musical Theater
Group
8:15-9:00
9:00-9:45 Comp Sr Ballet Group

Miss Kayla

10 week class - Music & Movement 2-3 yrs (NS) -
5:15-5:45 ~~\$115+HST~~
Rec Hip Hop 4-6 yrs -
5:45-6:15 ~~\$200+HST~~ CLOSED

Ms Diana

6:15-7:15 Yoga

Thursday

Ms Nicole

~~6:00-6:30 Rec Ballet 4-6 yrs-CLOSED~~
6:30-7:15 Rec Acrobatic Arts 5-7 yrs
7:15-8:00 Rec Acrobatic Arts 8+ yrs
8:00-8:30 Tumbling (NS)

Miss Mikhaila

5:15-6:00 Rec Jazz 7+ yrs
6:00-6:45 Rec Hip Hop 7+ yrs
6:45-7:30 Rec Jazz 10+ yrs
7:30-8:15 Rec Contemporary 10+ yrs
8:15-9:00 Rec Contemporary 12+ yrs
9:00-9:45 Rec Hip Hop 12+ yrs

Miss Zandra

10 week class - Music & Movement 2-3 yrs (NS) -
5:00-5:30 ~~\$115+HST~~
5:30-6:00 Rec Tap 4-6 yrs - ~~\$200+HST~~
7:15-8:00 Rec Tap 10+
7:15-8:00 Rec Tap 10+

Friday

Ms Shannon

3:45-4:15 Comp Kenley Jazz Solo
4:15-4:45 Comp Rory Acro Solo
4:45-5:15 Comp Reese Acro Solo

Miss Mikhaila

4:30-5:00 Kenley Work Period (NS)
5:00-5:45 Jr Jazz Tech (NS)
5:45-6:30 Comp Jr Hip Hop Group

5:15-6:00 Comp Inter Ballet Group
Comp Inter Musical Theater
6:00-6:30 Trio
6:30-7:00 Comp Jr Lyrical Trio
7:00-7:45 Comp Jr Jazz Group
7:45-8:30 Comp Jr Open Group

6:30-7:00 Contortion 6+ yrs
7:00-7:45 Comp Inter Lyrical Group 1
7:45-8:30 Rec Hip Hop 12+ yrs
Comp Inter Musical Theater
8:30-9:15 Group

(NS) - No Showcase for these classes