2024

## KADENCE BALLET ACADEMY Term 3

Term 3 24 Jun - 27 Sep

TIME	MON			TUE			WED			THU			FRI			SAT			SUN		
	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff	Minkus	Tchaikovsky	Rachmaninoff
7:30 AM																					
8:00 AM																					
8:30 AM																					
9:00 AM																Adult + Teens Pre-Ballet Conditioning 9-10am (1h)	RAD G1 (2017) 9-10am (1h)				
9:30 AM																vw	Chin				
10:00 AM			Adull Balet Advanced 10-11:30cm (1.5h) Chihiro						Adult Ballet Foundation Back to Basics			Adult Ballet  Beginner - Intermediate  10-11:30am (1.5h)  Chihiro	Adult Bafet Beginner 1 10-11:30am (1.5h) Chen Wei		Adult Ballet Intermediate 10-11:30am (1.5h) Chihiro		RAD 7-8 yrs Conditioning 10-10:30am (30m) Complimentary - VW	3			
10:30 AM									10-11:30am (1.5h) Chen Wei												
11:00 AM																					
11:30 AM			Adult Pointe Intermediate 11:45-12:45pm (1h) Chihiro								Begir	Adult Pre-Pointe / Beginner Pointe		Intermediate	Private (V)		Adult Ballet	RAD P (2018)			
12:00 PM									Adult Ballet			11:45am-12:45pm (1h)				11:30-12:30pm (1h) Chin RAD G5 (2013)		Beginner-Intermediate	11:30-12:15 (45m) TBD		
12:30 PM									Open Class (Ber	Open Class (Beginner 3- Level 1)		Chihiro	Adult Ballet Beginner 2 12-1:30pm (1.5h)					11:30-1pm (1.5h) Tamana			
1:00 PM										. 12-1:30p Cher		Denise  Adult Mat Pilates (Strengthening)		Chen Wei			12:30-1:45 (1h15m) Chin		Adult Showcase Reheasal Non regular		
1:30 PM												1-2pm (1h) Denise					Junior Chinese Dance 1:45-2:45pm	Adult + Teen Pilates lat + Chair + Spring boo	1-2pm Tamana		
2:00 PM												2.00				SP Senior Ballet 1:30-3pm (1.5h) Chihiro	Xiao Jing Starting in Aug	2-3pm (1h) VW	12.1010		
2:30 PM										Contemp Private (R) 2:15-3:45pm (1.5h)		Private				Pr	Private (WY)	Conditioning (8-12yrs)			
3:00 PM	Private (CT)				RAD G2 (2016)	Self practice / stretching				Chin	RAD PP (2019)	Private 2:30-4pm (1.5h)			Self practice / stretching	SP Senior Pointe	2:45-3:45pm (1h) Chin	3-3:45pm (45m) Complimentary - VW			
3:30 PM	2:45-3:45pm Chihiro	2:45-3:45pm Chihiro			3-4pm (1h) Chin	(Optional, anytime drop in)		Private	Teen + Adult		3-3:45pm (45m) Denise	Biru			(Optional, anytime drop in)	3-4pm (1h) Chihiro	RAD G4 (2014)				
4:00 PM	SP Junior Ballet I 4-5:30pm (1.5h) Chihiro		RAD PP (2019) 4-4:45pm (45m)	SP Junior Ballet 4:15-5:45pm (1.5h) Chihiro	Baby ballet 1 & 2 (2020-2021)		RAD G5 (2013)	3:30-4:45pm (1h15m) Chihiro	GYROKINESIS® 4:30-5:30pm (1h)	SP Junior Ballet 4:15-5:45pm (1.5h) Chihiro	RAD G2 (2016)	Baby ballet 1 & 2 (2020-2021) 4-4:45pm (45m) Denise	SP Junior Ballet 4:15-5:45pm (1.5h) Chiriro	RAD G3 (2015) 4-5pm (1h) Chin		Private TBC Ch 4-5pm (1h) Chihiro	3:45-4:45pm (1h) Chin				
4:30 PM		Pre- SP Junior Ballet 4-5:30pm (1.5h)	Chin		4-4:45pm (45m) Chin		4-5:15pm (1h15m) Chin	- Cillino	Denise		4-5pm (1h) Chin										
5:00 PM		Biru	RAD P (2018) 4:45-5:30pm (45m) Chin					n (1h) 5-6pm (1h)	Pre-teen Mat Pilates 5:30-6:30pm (1h) Denise		RAD G1 (2017)			Private (ZY)			Private (AK)				
5:30 PM		SP Junior Pointe	Pre SP Feet Strengthening	SP Junior Variation 5:45-6:30pm (45m) Chihiro	RAD G3 (2015) 5:30-6:30pm (1h) Chin	SP Senior Conditioning				SP Technique Drill Turn or Jumps 5:45-6:30pm (45m)	5-6pm (1h) Chin		SP Junior Variation Chin	5-6pm (1h) Chin	Ballet PBT	5-6pm Chin					
6:00 PM	SP Senior Ballet 5:30-7pm (1.5h)		5:30-6:15pm (1h)			5:30-6:30pm (1h)			Feet and Extension				5:45-6:30 (45m) Chihiro		5:30-6:30pm (1h) VW						
6:30 PM	Chihiro	Private (ZY)	VW SP Junior		Contemp	VW			Conditioning 6:30-7:00pm (30m)	DifU		SP Junior Pre-pointe			Conditioning (8-12yrs)						
7:00 PM	SP Senior Pointe	6:30-7:30pm (1h) Chin	Conditioning 6:30-7:30pm (1h)	SP Senior Ballet 6:30-8pm (1.5h)	(9-12yrs + SP Junior) 6:30-7:30pm (1h) Chin			Adult Pallot	Complimentary - VW	SP Senior Ballet 6:30-8pm (1.5h)	RAD Intermediate (12+) 6:30-8pm (1.5h)	6:30-7:30pm (45m) Biru	SP Senior Ballet 6:30-8pm (1.5h)	RAD Inter-found (2012) 6:30-8pm (1.5h)	6:30-7:15pm (45m) Complimentary - VW						
7:30 PM	7-8pm (1h) Chihiro		VW	Chihiro	Crini		Adult Ballet Beginner - Intermediate	Adult Ballet Repertoire Reheasal 7-8:30pm (1.5h) Chen Wei Starting in Aug		Chihiro	Chin		Chihiro	Chin							
7:30 PM 8:00 PM	Contemp	Adult Ballet			RAD Inter-found (2012) 7:30-9pm(1.5h) Chin		7-8:30pm (1.5h) Chihiro					Private (MA) 7:30-8:30pm (1h) Biru	SP Ensemble 8-9pm (1h) Chihiro	Contemp Private (MF) 8-9pm (1h) Chin							
	12+yrs + SP Senior) 7:30-9pm (1.5h) 8:15-9:15pm (1h) Biru			SP Senior Variation 8-9pm (1h)				3		SP Senior Pointe 8:15-9:15pm (1h) Chihiro	Britanto AAA										
8:30 PM	Chin			Chihiro							Private MA 8:30-9:30pm (1h)										
9:00 PM 9:30 PM											Chin										
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