



2025/26 SCHEDULE

470 TOPSAIL RD, ST. JOHN'S

Schedule is subject to change

JD = Jill Dready AM = Anastasiia Matcychen BH = Brianna Halweg HD = Heidi Dowden OM = Oksana Makarenko DS = Delilah Sullivan Kabs

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
		ADAPTIVE DANCE 3YRS + 9:00AM-9:45AM BH 6-week session starting Oct. 29		BELLY DANCE 9:15AM-10:15AM 6-week session starting Nov. 1	
	BALLROOM & LATIN Performance Class 11:00AM-11:50AM JD	CHAIR WORKOUT 55+ 9:50AM-10:45 AM BH 6-week session starting Oct. 29		MUSIC & MOVEMENT 3-4YRS 10:30AM-11:00AM DS	
Team ONYX Choreography 4:00PM-5:30PM AM		STRETCH & STRENGTH 11:00AM-11:50AM BH 6-week session starting Oct. 29		JAZZ 5-7YRS 11:00AM-11:40AM DS	
BALLROOMTeens 12+ 5:30PM-6:20PM JD	BALLROOMKids 9-11yrs 5:30PM-6:15PM JD	ACRO Open/All Levels 4:20PM-5:05PM BH		TOTS IN MOTION 24-36mths 10:00AM-10:30AM DS	
BALLROOM & LATIN Beginner/Level 1 6:20PM-7:15PM JD	BALLROOM & LATIN Level 2 6:20PM-7:15PM JD	INTRO TO HIP HOP 6-8YRS 5:10PM-5:50PM BH	HIP HOP 9-11YRS 6:45PM-7:30PM HD	BALLET 5-7YRS 11:40AM-12:20PM DS	AFRO & AMAPIANO 6:30PM-7:25PM Kabs 6-week session starting Oct. 26
BALLROOM & LATIN Level 3 7:20-8:15PM JD	BALLROOM & LATIN Level 4 7:20-8:15PM JD	CONTEMPORARY 8-11YS 5:55PM-6:40PM AM	HIP HOP 12 + 7:30PM-8:15PM HD	TAP 5-7YRS 12:20PM-1:00PM DS	
MIXED BAG Adv. 8:15PM-9:10PM (By invitation) JD	SOLO LATIN 8:15PM-9:00PM JD	LYRICAL/CONTEMPORARY Teen/Adult (15+) 6:40PM-7:30PM AM	TAM 8:30PM-10:30PM HD	LYRICAL 7-9YRS 1:15PM-2:00PM DS	
		TAP Adult (15+) 7:30PM-8:20PM BH		BALLET 7-9YRS 2:00PM-2:45PM DS	
		BALLET Adult (15+) 8:20PM-9:10PM BH		JAZZ 7-9YRS 2:45PM-3:30PM DS	