

AOD WEEKLY SCHEDULE

INDEX

Page 2: Overall weekly schedule

Page 3: Preschool weekly schedule

Page 4: Beginner weekly schedule

Page 5: Pre-Intermediate weekly schedule

Page 6: Intermediate weekly schedule

Page 7: Advanced weekly schedule

Page 8: Royal Academy of Dance, Royal Ballet School & Rambert weekly schedule

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>9 am</i>	00						
	30						Pre-Intermediate Ballet
<i>10 am</i>	00						10.15 Pre-Intermediate Stretch & Conditioning
	30						
<i>11 am</i>	00						11.00 Pre-Intermediate Jazz 11.15 Beginner Stretch & Conditioning
	30						11.45 Pre-Intermediate Tap
<i>12 pm</i>	00						Preschool Acro
	30						12.30 Beginner Acro 12.45 Pre-Intermediate Commercial
<i>1 pm</i>	00						Beginner Jazz
	30						13.45 Beginner Ballet
<i>2 pm</i>	00			Preschool Ballet			
	30						Beginner Tap
<i>3 pm</i>	00						15.15 Beginner Commercial
	30		15.45 Beginner Troupe		RAD Dance to Your Own Tune		
<i>4 pm</i>	00	RAD Grade 5	RBS Level 3	Advanced Ballet Intermediate Acro	Pre-Intermediate Acro RAD Pre-Primary	Intermediate Ballet	
	30	16.45 RAD Grade 6	Preschool/Beginner Tap	16.45 RBS Level 1 16.45 Intermediate Pointe Class	Pre-Intermediate Contemporary RAD Primary	16.45 Intermediate Jazz	
<i>5 pm</i>	00		Preschool/Beginner Jazz Advanced Ballet	17.15 Intermediate Ballet	RAD Grade 1		
	30	Rambert Level 2	17.30 Preschool/Beginner Ballet 17.45 Intermediate/Advanced Contemporary 17.45 Rambert Level 1		17.00 RAD Grade 2 17.45 Pre-Intermediate Ballet	Intermediate Tap	
<i>6 pm</i>	00	18.15 Advanced Pointe	Beginner/Pre-Intermediate Musical Theatre Pre-Intermediate Drama	Intermediate Stretch & Conditioning	18.15 RAD Grade 3	18.15 Intermediate Commercial	
	30		Advanced Pointe Class RBS Level 2	18.45 Advanced Jazz	18.30 Pre-Intermediate Musical Theatre 18.45 Progressing Ballet Technique		
<i>7 pm</i>	00	RAD Intermediate	19.15 Advanced Acro			Intermediate Stretch & Conditioning	
	30		Progressing Ballet Technique	Intermediate/Advanced Musical Theatre	RAD Intermediate Foundation		
<i>8 pm</i>	00		Advanced Tap		20.15 RAD Grade 4	Intermediate Musical Theatre	
	30		20.45 Advanced Commercial				

PRESCHOOL WEEKLY SCHEDULE

KEY

RAD: Royal Academy of Dance

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>12 pm</i>	00					Preschool Acro
	30					
<i>1 pm</i>	00					
	30					
<i>2 pm</i>	00		Preschool Ballet			
	30					
<i>3 pm</i>	00					
	30			RAD Dance to Your Own Tune		
<i>4 pm</i>	00					
	30		Preschool/Beginner Tap			
<i>5 pm</i>	00		Preschool/Beginner Jazz			
	30		Preschool/Beginner Ballet			

BEGINNER WEEKLY SCHEDULE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>11 am</i>	00						11.15 Beginner Stretch & Conditioning
	30						
<i>12 pm</i>	00						
	30						Beginner Acro
<i>1 pm</i>	00						Beginner Jazz
	30						13.45 Beginner Ballet
<i>2 pm</i>	00						
	30						Beginner Tap
<i>3 pm</i>	00						15.15 Beginner Commercial
	30		15.45 Beginner Troupe				
<i>4 pm</i>	00						
	30		Preschool/Beginner Tap				
<i>5 pm</i>	00		Preschool/Beginner Jazz				
	30		Preschool/Beginner Ballet				
<i>6 pm</i>	00		Beginner/Pre-Intermediate Musical Theatre				
	30						

PRE-INTERMEDIATE WEEKLY SCHEDULE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>9 am</i>	00						
	30						Pre-Intermediate Ballet
<i>10 am</i>	00						10.15 Pre-Intermediate Stretch & Conditioning
	30						
<i>11 am</i>	00						11.00 Pre-Intermediate Jazz
	30						11.45 Pre-Intermediate Tap
<i>12 pm</i>	00						
	30						12.45 Pre-Intermediate Commercial
<i>1 pm</i>	00						
	30						
<i>2 pm</i>	00						
	30						
<i>3 pm</i>	00						
	30						
<i>4 pm</i>	00				Pre-Intermediate Acro		
	30				Pre-Intermediate Contemporary		
<i>5 pm</i>	00						
	30				17.45 Pre-Intermediate Ballet		
<i>6 pm</i>	00		Beginner/Pre-Intermediate Musical Theatre Pre-Intermediate Drama				
	30				Pre-Intermediate Musical Theatre		

INTERMEDIATE WEEKLY SCHEDULE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>4 pm</i>	00			Intermediate Acro		Intermediate Ballet	
	30			16.45 Intermediate Pointe Class		16.45 Intermediate Jazz	
<i>5 pm</i>	00			17.15 Intermediate Ballet			
	30		17.45 Intermediate/Advanced Contemporary			Intermediate Tap	
<i>6 pm</i>	00			Intermediate Stretch & Conditioning		18.15 Intermediate Commercial	
	30						
<i>7 pm</i>	00					Intermediate Stretch & Conditioning	
	30			Intermediate/Advanced Musical Theatre			
<i>8 pm</i>	00					Intermediate Musical Theatre	
	30						

ADVANCED WEEKLY SCHEDULE

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>4 pm</i>	00			Advanced Ballet			
	30						
<i>5 pm</i>	00		Advanced Ballet	17.15 Advanced Stretch & Conditioning			
	30		17.45 Intermediate/Advanced Contemporary				
<i>6 pm</i>	00	18.15 Advanced Pointe Class					
	30		Advanced Pointe Class	18.45 Advanced Jazz			
<i>7 pm</i>	00		19.15 Advanced Acro				
	30			Intermediate/Advanced Musical Theatre			
<i>8 pm</i>	00		Advanced Tap				
	30		20.45 Advanced Commercial				

RAD, RBS & RAMBERT WEEKLY SCHEDULE

KEY

RAD: Royal Academy of Dance

RBS: Royal Ballet School

PBT: Progressing Ballet Technique

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>3 pm</i>	00						
	30				RAD Dance to Your Own Tune		
<i>4 pm</i>	00	RAD Grade 5	RBS Level 3		RAD Pre-Primary		
	30	16.45 RAD Grade 6		16.45 RBS Level 1	RAD Primary		
<i>5 pm</i>	00				RAD Grade 1		
	30	Rambert Level 2	17.45 Rambert Level 1		RAD Grade 2		
<i>6 pm</i>	00				18.15 RAD Grade 3		
	30		RBS Level 2		18.45 Progressing Ballet Technique		
<i>7 pm</i>	00	RAD Intermediate					
	30		Progressing Ballet Technique		RAD Intermediate Foundation		
<i>8 pm</i>	00				20.15 RAD Grade 4		
	30						