



North Shore Academy of Dancing

Class Schedule 2022/2023

VERSION 6 - Updated May 11th, 2022

MONDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 <i>Black Diamond Jazz Performance Group 13yrs+ Alicia Bruce</i>	3:45-4:45 Jumps & Turns Boys Ballet 10 yrs+ Thomas Teague	3:45-4:45 Hip Hop 8-10 years Astrid Eckerle	3:45-5:45 <i>Ballet Bloch Coaching Tracy-Lea Bloch</i>
4:45-6:15 Ballet Bloch Advanced Program Pas de Doux Class By Audition Only Thomas Teague	4:45-5:45 <i>Emerald/Sapphire Jazz Performance Group 11 yrs+ Alicia Bruce</i>	4:45-5:45 Jazz 8-10 years Astrid Eckerle	
6:15-6:45 Pilates for Dancers Intermediate/ Advanced Levels 12-16 years Thomas Teague	5:45-6:45 <i>Crystal/Diamond Jazz Performance Group 12 yrs+ Alicia Bruce</i>	5:45-6:45 <i>Ruby/Amber Broadway Performance Group 8-12yrs Astrid Eckerle</i>	5:45-6:45 Jazz 10-13yrs Abby Hoffman
6:45-7:45 <i>Crystal/Diamond Lyrical Performance Group 12 yrs+ Alicia Bruce</i>	6:45-7:45 Lyrical/Contemporary 10-13 years Abby Hoffman	6:45-8:15 <i>Ballet Bloch Inter/Advanced Program Ballet Technique Thomas Teague</i>	6:45-7:45 <i>Opal Jazz Performance Group 13 yrs+ Astrid Eckerle</i>
7:45-8:45 Lyrical/Jazz 13 years+ Astrid Eckerle	7:45-8:45 Video Dance Hip Hop 13 years+ Abby Hoffman		

TUESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-5:15 <i>Ballet Bloch ISTD Intermediate Tracy-Lea Bloch</i>	3:30-4:45 Advanced Foundation Ballet R.A.D Sorami Moriyama	3:45-4:45 <i>Mischief Boys Hip Hop Performance Group 11 yrs+ Chris Bonus</i>	3:45-4:45 Grade Five Modern I.S.T.D Karrie Hill
5:15-5:45 <i>Ballet Bloch ISTD Intermediate Pointe Tracy-Lea Bloch</i>	4:45-5:45 Intermediate Foundation/Intermediate Pointe Training Ages: 11yrs+ Sorami Moriyama	4:45-5:45 <i>Night Vision Performance Hip Hop Chris Bonus</i>	4:45-5:45 Grade Four Ballet R.A.D Karrie Hill
5:45-6:45 Intermediate Ballet R.A.D Sorami Moriyama	5:45-6:45 Intermediate Foundation Modern I.S.T.D Karrie Hill	5:45-7:15 <i>'Bonus Round' Hip Hop Program By Invitation Chris Bonus</i>	5:45-6:45 Broadway Jazz 8-10 years Venice Dang
6:45-7:45 Intermediate Foundation Ballet R.A.D Sorami Moriyama	6:45-7:45 Intermediate Modern I.S.T.D Karrie Hill	6:45-7:45 Lyrical/Contemporary 12yrs+ Venice Dang	
7:45-9:15 Advanced One Modern I.S.T.D Karrie Hill	7:45-9:00 Advanced One Ballet R.A.D Sorami Moriyama	7:45-8:45 <i>Sapphire/Crystal Performance Contemporary 12 yrs+ Venice Dang</i>	

WEDNESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 Junior Jazz Technique 10 years+ Performance Students Only Belinda Sobie	3:30-4:45 <i>Ballet Bloch Advanced Program Pointe Training - By Audition Only Muriel Teague</i>	3:45-4:45 <i>E.M.C. Hip Hop Performance Group 13 yrs+ Astrid Eckerle</i>	3:45-4:45 <i>Intermediate Ballet Performance Sorami Moriyama</i>
4:45-5:45 <i>Emerald/Sapphire Lyrical Performance Group 12 yrs+ Belinda Sobie</i>	4:45-5:45 <i>Ruby/Amber Jazz Performance Group 8-12yrs Astrid Eckerle</i>	4:45-5:45 <i>Ballet Bloch Junior Program Ballet Technique - By Audition Only Tracy-Lea Bloch</i>	4:45-5:45 Grade Two Ballet R.A.D Sorami Moriyama
5:45-6:45 <i>Large Group Broadway Performance Group 12 yrs+ Belinda Sobie</i>	5:45-6:45 <i>Opal/Emerald Broadway Performance Group 13 yrs+ Astrid Eckerle</i>	5:45-6:15 Foot Conditioning Junior/Inter Levels 8-12 years Tracy-Lea Bloch	5:45-6:45 Grade Five Ballet R.A.D Sorami Moriyama
6:45-7:45 Advanced Jazz Technique 13 years+ Performance Students Only Belinda Sobie	6:45-7:45 Video Dance Hip Hop 11-14 years Astrid Eckerle	6:15-7:45 <i>Ballet Bloch Inter/Advanced Program Ballet Technique - By Audition Only Tracy-Lea Bloch</i>	6:45-7:45 Intermediate Foundation Ballet R.A.D Sorami Moriyama
7:45-8:45 <i>Adult Dance Performance Group Dylan Steyns</i>	7:45-9:15 Advanced Foundation Ballet R.A.D Sorami Moriyama	7:45-8:45 Industry Jazz 13+ years Astrid Eckerle	



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THURSDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 Intermediate Jazz Technique 10ys+ Performance Students Only Belinda Sobie	3:45-5:45 <i>Ballet Bloch Int/Adv Program Ballet Bloch Production Rehearsals</i>	4:00-4:45 Boys Hip Hop 6-9 years Dylan Steyns	3:45-4:45 <i>Ballet Junior Performance Group 7-10 yrs Sorami Moriyama</i>
4:45-5:45 Intermediate Lyrical Technique 13 years+ Performance Students Only Belinda Sobie	<i>By Audition Only</i> <i>Muriel Teague</i>	4:45-5:45 Boys Hip Hop 10-13 years Dylan Steyns	4:45-5:45 Grade Three Ballet R.A.D Sorami Moriyama
5:45-6:15 Tech for Black Diamond Performance Students Only Belinda Sobie	5:45-6:45 Intermediate Ballet R.A.D Sorami Moriyama	5:45-7:15 <i>Ballet Bloch ISTD Intermediate Muriel</i>	5:45-6:45 <i>Pearl/Ruby Broadway Performance Group 7-10 yrs Alyssa Rive</i>
6:15-7:45 <i>Advanced Contemporary Program</i> <i>*By Invitation - 15 yrs+ Nadia White</i>	6:45-7:45 Intermediate Foundation Modern I.S.T.D Alyssa Rive	7:15-7:45 Ballet Bloch ISTD Pointe Intermediate Muriel	6:45-7:45 Grade Five Ballet R.A.D Sorami Moriyama
7:45-8:45 Smooth Groove Hip Hop 13 years+ Zaiven Garrett	7:45-8:45 Improv Industry Class 13yrs+ Nadia White	7:45-8:45 Intermediate Modern I.S.T.D Alyssa Rive	7:45-9:15 Open Ballet 12yrs+ R.A.D Sorami Moriyama

FRIDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:30-4:45 Industry Workshop Drop In Weekly Guest Instructors	3:45-5:15 <i>Ballet Bloch Advanced 2 Program Contemporary Ballet Choreography By Audition Only Monica Proenca</i>	3:45-4:45 <i>Midnight Attraction Hip Hop Performance Group 9-11 yrs Jarrett Carlington</i>	4:45-5:45 Grade Four Ballet R.A.D Sorami Moriyama
4:45-5:45 Video Dance Hip Hop 11-14 years Jarrett Carlington	5:15-5:45 Stretch & Strength Int/Adv Levels 10 yrs+ Monica Proenca	4:45-5:45 Pointe Training RAD Vocational Level Sorami Moriyama	4:45-5:45 Hip Hop 8-10 years Abby Hoffman
5:45-6:45 <i>BPM Hip Hop Performance Group 11 yrs+ Jarrett Carlington</i>	5:45-7:15 <i>Ballet Bloch Int/Adv Program Contemporary - By Audition Only Monica Proenca</i>	5:45-6:45 Jazz 10-14 years Abby Hoffman	5:45-7:15 Advanced Two Ballet R.A.D Sorami Moriyama

SATURDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
9:00-9:45 Pre-Ballet 4-5 yrs Alicia Steyns/Tara Talebi	9:00-9:45 Primary Ballet R.A.D Sorami Moriyama	9:00-9:45 Broadway Jazz 5-6 yrs Venice Dang	9:00-10:00 Grade Three Modern I.S.T.D Alyssa Rive
9:45-10:30 Pre-Ballet 3-4 yrs Alicia Steyns/Tara Talebi	9:45-10:30 Pre-Primary Ballet R.A.D Sorami Moriyama	9:45-10:30 Hip Hop 6-8 years Venice Dang	10:00-10:45 Creative Hip Hop 5-6 yrs Alyssa Rive
10:30-11:30 <i>Nutcracker Production Open to all Gr 2, 3, 4 Ballet Levels By Audition Only Tracy-Lea Bloch/Chloe Legaspi</i>	10:30-11:30 Grade One Ballet R.A.D Sorami Moriyama	10:30-11:30 Broadway Jazz 8-10 years Venice Dang	10:45-11:30 Broadway Jazz 6-8 yrs Alyssa Rive
11:30-12:30 <i>Ballet Bloch Junior/Intermediate Program Company Class Tracy-Lea Bloch/Chloe Legaspi</i>	11:30-12:30 Grade Two Ballet R.A.D Sorami Moriyama	11:30-12:30 Hip Hop 8-10 years Alyssa Rive	
12:30-2:00 <i>Ballet Bloch Int/Adv Program Company Class Muriel Teague</i>	12:30-1:30 Grade Three Ballet R.A.D Sorami Moriyama	12:30-1:30 Grade Five Modern I.S.T.D Alyssa Rive	
2:00-6:00 <i>Ballet Bloch Productions Company Rehearsals Muriel Teague/Tracy-Lea Bloch</i>	1:30-6:00 <i>Ballet Bloch Productions Company Rehearsals By Audition Only Tracy Bloch/Monica Proenca</i>	1:30-6:00 <i>Nutcracker Production By Audition Only Tracy-Lea Bloch/Chloe Legaspi</i>	

| Advanced Classes - Performance Students only | Italics indicates - by audition only | R.A.D. - Royal Academy of Dancing | I.S.T.D. - Imperial Society of Teachers of Dancing

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