



North Shore Academy of Dancing

Class Schedule 2023/2024

VERSION 3 - Updated May 17th, 2023

MONDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-4:45 Large Group Performance Broadway 15yrs+ Astrid Eckerle	3:45-4:45 Emerald/Sapphire Performance Lyrical 12-15 yrs Alicia Bruce	3:45-4:45 Jumps & Turns Boys Ballet 10 yrs+ Thomas Teague	3:45-4:45 Broadway Jazz 6-8 yrs Breanna Lee	3:45-4:45 Hip Hop 8-10 yrs Abby Hoffman
4:45-6:15 Ballet Bloch Program Pas de Deux Thomas Teague	4:45-6:00 Intermediate Performance Program Technique 12-15yrs Alicia Bruce	4:45-5:45 E.M.C. Performance Hip Hop 13 yrs+ Astrid Eckerle	4:45-5:45 Jazz 10-13yrs Breanna Lee	4:45-5:45 Jazz 8-10 yrs Abby Hoffman
6:15-7:00 Crystal Performance Jazz 13 yrs+ Astrid Eckerle	6:00-7:00 Black Diamond/Diamond Performance Lyrical 14 yrs+ Alicia Bruce	5:45-6:45 Contemporary/Lyrical 10-13yrs Abby Hoffman	Solo Coaching	6:15-6:45 Pilates for Dancers Inter/Adv. Level 12-15 yrs Thomas Teague
7:00-8:00 Contemporary Performance 12-15 yrs+ (By Invite) Astrid Eckerle	7:00-7:45 Crystal Performance Lyrical 13 yrs+ Alicia Bruce	6:45-7:45 Contemporary/Lyrical 12yrs+ Abby Hoffman	Solo Coaching	6:45-8:15 Ballet Bloch Program Inter./Adv. Ballet Technique Thomas Teague
8:00-8:45 Solo Coaching Alicia Bruce	7:45-8:45 Adult Dance Class Abby Hoffman			

TUESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-5:15 Ballet Bloch Program ISTD Intermediate Ballet Tracy-Lea Bloch	3:45-4:45 Intermediate Foundation Ballet Year 1 & Year 2 Thomas Teague	3:30-4:45 Ballet Bloch Program Junior Ballet Technique Sorami Moriyama	Solo Coaching	3:30-4:30 Mischief Performance Hip Hop 13 yrs+ Chris Bonus
5:15-5:45 Ballet Bloch Program ISTD Intermediate Pointe Tracy-Lea Bloch	4:45-5:45 R.A.D. Inter.Foundation/Inter. Pointe Training Ages: 11yrs+ Sorami Moriyama	4:45-5:15 Ballet Bloch Program Body Conditioning 9-12yrs Thomas Teague	Solo Coaching	4:30-5:45 Bonus Round Hip Hop Program (By Invite) Chris Bonus
5:45-6:45 Ballet Bloch Tracy-Lea Bloch	5:45-6:45 Open Ballet 12 yrs+ Thomas Teague	5:45-6:45 Junior Performance Ballet Sorami Moriyama	Solo Coaching	5:45-6:45 Groove & Fundamentals Hip Hop Class 12-15 yrs Chris Bonus
6:45-8:15 Advanced One R.A.D. Ballet & Pointe Sorami Moriyama	6:45-8:15 Advanced One Modern I.S.T.D. Sophia Curelli	6:45-7:45 Ballet Bloch Thomas Teague	Solo Coaching	6:45-7:45 Ballet Bloch Tracy-Lea Bloch

WEDNESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-4:45 Junior Performance Program Jazz Technique 9-12yrs Belinda Sobie	3:45-4:45 Emerald/Sapphire Performance Jazz 12-15 yrs Breanna English	3:30-4:15 Hip Hop 5-7 yrs Alyssa Rive	3:45-4:45 Grade Five Ballet R.A.D. Sorami Moriyama	3:45-5:45 Ballet Bloch Program Advanced Pointe & Repitore Muriel Teague
4:45-5:45 Adv. Performance Program Jazz Technique 15 yrs+ Belinda Sobie	4:45-5:45 Ruby/Amber Performance Jazz 9-12 yrs Breanna English	4:15-5:45 Intermediate Modern I.S.T.D. Alyssa Rive	4:45-5:45 Grade Three R.A.D. Sorami Moriyama	
5:45-6:45 Intermediate Performance Program Lyrical Tech 12 yrs+ Belinda Sobie	5:45-6:45 Large Group Performance Jazz 15 yrs+ Breanna English	5:45-6:45 Grade Four Ballet R.A.D. Sorami Moriyama	5:45-6:45 Grade Six Modern I.S.T.D. Alyssa Rive	5:45-7:15 Ballet Bloch Program ISTD Intermediate Ballet Muriel Teague
6:45-7:45 Advanced Performance Program Lyrical Tech 12 yrs+ Belinda Sobie	6:45-7:45 Solo Coaching Breanna English	6:45-8:15 Advanced Foundation Ballet R.A.D. Sorami Moriyama	6:45-7:45 Novice Performance Broadway Alyssa Rive	7:15-7:45 Ballet Bloch Program ISTD Intermediate Pointe Muriel Teague
7:45-8:45 Adult Dance Performance Group Dylan Steyns			7:45-8:45 Bronze Jazz I.S.T.D. Alyssa Rive	



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THURSDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-5:45 <i>Ballet Bloch Program Inter./Advanced Levels Production Rehearsals</i> <i>By Audition Only</i> Muriel Teague	3:45-4:45 Video Dance Hip Hop 9-12 years Julia Bose	4:00-4:45 Boys Hip Hop 6-9 years Dylan Steyns	3:45-4:45 Grade Three Ballet R.A.D. Sorami Moriyama	3:45-4:45 <i>Ruby/Amber Broadway Performance Group 9-12 yrs+</i> Astrid Eckerle
	4:45-5:45 <i>Night Vision Hip Hop Performance Group</i> Julia Bose	4:45-5:45 <i>Lite Bright Hip Hop Performance Group 8 yrs+</i> Dylan Steyns	4:45-5:45 Grade Four Ballet R.A.D. Sorami Moriyama	4:45-5:45 <i>Sapphire/Crystal Broadway Performance Group 13 yrs+</i> Astrid Eckerle
5:45-6:15 Foot Conditioning Junior/Inter Levels 8-12 years Tracy-Lea Bloch	5:45-6:45 Hip Hop 13 years+ Julia Bose	5:45-6:45 Intermediate Foundation Ballet R.A.D. - Year 1 Sorami Moriyama	5:45-6:45 Novice <i>Performance Hip Hop</i> Dylan Steyns	5:45-6:45 Improv Industry Class 13yrs+ Nadia White
6:15-8:00 <i>Ballet Bloch Program Inter/Advanced Ballet</i> Tracy-Lea Bloch	6:45-7:45 Intermediate Foundation Ballet R.A.D. - Year 2 Sorami Moriyama	6:45-7:45 Novice <i>Performance Jazz</i> Astrid Eckerle	6:45-7:45 Boys Hip Hop 10-13 yrs years Dylan Steyns	6:45-8:15 <i>Advanced Contemporary Program</i> *By Invitation - 15 yrs+ Nadia White
	7:45-8:45 Smooth Groove Hip Hop 13 yrs+ Zavien Garrett	7:45-8:45 Industry Jazz 12 yrs+ Astrid Eckerle		

FRIDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:30-4:45 Industry Workshop Drop In Weekly Guest Instructors	3:45-5:15 <i>Ballet Bloch Program - Adv. Contemporary Choreography</i> Monica Proenca	3:45-4:45 Grade Two Ballet R.A.D. Sorami Moriyama	3:45-4:45 Broadway Jazz 8-10 yrs Alyssa Rive	3:45-4:45 <i>Midnight Attraction Hip Hop Performance Group 10 yrs+</i> Jarrett Carlington
4:45-5:45 Advanced Foundation R.A.D. Ballet Sorami Moriyama	5:15-6:45 <i>Ballet Bloch Program - Int. Contemporary</i> Monica Proenca	4:45-5:45 Hip Hop 8-10 years Abby Hoffman	4:45-5:45 <i>Pearl/Ruby Performance Broadway 7-10yrs</i> Alyssa Rive	4:45-5:45 Video Dance Hip Hop 11-14 years Jarrett Carlington
5:45-7:30 Advanced Two Ballet & Pointe R.A.D Sorami Moriyama	6:45-7:15 Stretch & Strength Intermediate Levels 10 yrs+ Monica Proenca	5:45-6:45 Industry Jazz 11-14 years Abby Hoffman	5:45-6:45 Grade Six Modern I.S.T.D. Alyssa Rive	5:45-6:45 <i>B.P.M. Hip Hop Performance Group 12 yrs+</i> Jarrett Carlington

SATURDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
9:00-9:45 <i>Pearl Performance Ballet</i> 6-9 yrs Sorami Moriyama	9:00-9:45 Hip Hop 6-8 yrs Solomon Le	9:15-10:00 Broadway Jazz 5-6 yrs Alyssa Rive		9:15-10:00 Pre-Ballet 3-4 yrs Tara Talebi/Lora Roberts
9:45-10:45 Grade One Ballet R.A.D. Sorami Moriyama	10:00-10:45 Creative Hip Hop 5-6 yrs Solomon Le	10:00-11:00 Broadway Jazz 8-10 yrs Alyssa Rive		10:00-10:45 Pre-Ballet 4-5 yrs Tara Talebi/Lora Roberts
10:45-12:00 <i>Nutcracker Production Gr 2, 3, 4 Ballet Levels By Audition Only</i> Chloe Legaspi	10:45-11:30 Primary Ballet R.A.D. Sorami Moriyama	11:00-11:45 Broadway Jazz 6-8 yrs Alyssa Rive	10:45-11:45 Grade Five Ballet R.A.D. TBD	11:00-12:00 Hip Hop 8-10 yrs Solomon Le
12:00-1:30 <i>Ballet Bloch Program Advanced Company Class</i> Muriel Teague	11:30-12:15 Pre-Primary Ballet R.A.D. Sorami Moriyama	11:45-12:45 Acro for Dance 8-12 yrs Alyssa Rive		12:00-1:30 <i>Ballet Bloch Program Intermediate Company Class</i> Sophia Curalli
1:30-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Muriel Teague/Tracy-Lea Bloch	12:15-1:15 Grade Two Ballet R.A.D. Sorami Moriyama			1:30-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Sorami Moriyama/Tracy Bloch
	1:30-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Sophia Curalli/Tracy-Lea Bloch	1:30-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Chloe Legaspi/Tracy-Lea Bloch		

| 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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