



North Shore Academy of Dancing

# Class Schedule 2023/2024

VERSION 5 - Updated July 10th, 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 Inte. Performance Program Jazz 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
6:45-7:45 Contemporary/Lyrical 12yrs+ Abby Hoffman	7:00-7:45 Crystal Performance Lyrical 13 yrs+ Alicia Bruce	7:00-8:00 Contemporary Performance 12-15 yrs+ (By Invite) Astrid Eckerle	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
3:45-4:45 Intermediate Foundation Ballet Year 1 & Year 2 Thomas Teague	3:45-5:15 Ballet Bloch Program ISTD Intermediate Ballet Tracy-Lea Bloch	3:30-4:45 Ballet Bloch Program Junior Ballet Technique Sorami Moriyama	3:45-4:30 Hip Hop 5-7 yrs TBD	3:30-4:30 Mischief Performance Hip Hop 13 yrs+ Chris Bonus
4:45-5:45 R.A.D. Inter.Foundation/Inter. Pointe Training Ages: 11yrs+ Sorami Moriyama	5:15-5:45 Ballet Bloch Program ISTD Intermediate Pointe Tracy-Lea Bloch	4:45-5:15 Ballet Bloch Program Body Conditioning 9-12yrs Thomas Teague	4:30-5:15 Boys Hip Hop 6-9 years TBD	4:30-5:45 Bonus Round Hip Hop Program (By Invite) Chris Bonus
5:45-6:45 Groove & Fundamentals Hip Hop Class 12-15 yrs Chris Bonus	5:45-6:45 Ballet Bloch Tracy-Lea Bloch	5:45-6:45 Junior Performance Ballet Sorami Moriyama	Solo Coaching	5:45-6:45 Open Ballet 12 yrs+ Thomas Teague
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 Diamond 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 Black Diamond Group Performance Jazz 15 yrs+ 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 Solo Coaching Breanna English		7:45-8:30 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 <i>Girlz Hip Hop Performance Group Julia Bose</i>	4:00-4:45 <b>Boys Hip Hop 6-9 years Dylan Steyns</b>	3:45-4:45 <b>Grade Three Ballet R.A.D. Sorami Moriyama</b>	3:45-4:45 <i>Ruby/Amber Broadway Performance Group 9-12 yrs+ Astrid Eckerle</i>
	4:45-5:45 <i>Night Vision Hip Hop Performance Group Julia Bose</i>	4:45-5:45 <i>Lite Bright Hip Hop Performance Group 8 yrs+ Dylan Steyns</i>	4:45-5:45 <b>Grade Four Ballet R.A.D. Sorami Moriyama</b>	4:45-5:45 <i>Sapphire/Crystal Broadway Performance Group 13 yrs+ Astrid Eckerle</i>
5:45-6:45 <b>Intermediate Foundation Ballet R.A.D. - Year 1 Sorami Moriyama</b>	5:45-6:45 <b>Hip Hop 13 years+ Julia Bose</b>	5:45-6:45 <b>Improv Industry Class 13yrs+ Nadia White</b>	5:45-6:45 <b>Video Dance Hip Hop 9-12 years Dylan Steyns</b>	5:45-6:15 <b>Foot Conditioning Junior/Inter Levels 8-12 years Tracy-Lea Bloch</b>
6:45-7:45 <b>Intermediate Foundation Ballet R.A.D. - Year 2 Sorami Moriyama</b>	6:45-8:15 <i>Advanced Contemporary Program *By Invitation - 15 yrs+ Nadia White</i>	6:45-7:45 <i>Novice Performance Jazz Astrid Eckerle</i>	6:45-7:45 <b>Boys Hip Hop 10-13 yrs Dylan Steyns</b>	6:15-7:45 <i>Ballet Bloch Program Inter./Advanced Ballet Tracy-Lea Bloch</i>
7:45-8:45 <b>Industry Jazz 12 yrs+ Astrid Eckerle</b>	7:45-8:45 <b>Smooth Groove Hip Hop 13 yrs+ Zavien Garrett</b>			

## FRIDAYS

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

## SATURDAYS

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