



# Half Day Schedule

# 2025/2026

North Shore Academy of Dancing

\*Schedule Subject to change

## STUDIO # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Stretch & Strengthening Group A/B Astrid Eckerle	1:45-2:15 Student Coaching Time	1:45-2:15 Belinda's Coaching Time	1:45-2:15 Student Coaching Time	
2:45-3:45 NSAD Half Day Program Jazz Technique Group A/B Astrid Eckerle	2:00-3:30 NSAD Half Day Program Ballet Technique Group A Sorami Moriyama	2:00-3:30 NSAD Half Day Program Jazz Technique Group C Belinda Sobie	2:00-3:30 NSAD Half Day Program Ballet Technique Group A/B Katherine Robidoux	2:00-3:30 NSAD Half Day Program Flex Hour for Choreography Groups A/B/C
				3:30-4:45 Industry Workshop Group A & B & C Weekly Guest Instructors

## STUDIO # 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Stretch & Strengthening Group B/C Breanna Lee			1:45-2:15 Student Rehearsal Time	
2:45-3:45 NSAD Half Day Program Jazz Technique Group B/C Breanna Lee	2:00-3:30 NSAD Half Day Program Jazz Technique Group B Belinda Sobie	2:00-3:30 NSAD Half Day Program Jazz Technique Group A Breanna English	2:00-3:30 NSAD Half Day Program Ballet Technique Group B/C Alicia Steyns	

## STUDIO # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:00-3:30 NSAD Half Day Program Ballet Technique Group C Alice Gulliot	2:00-3:30 NSAD Half Day Program Ballet Technique Group B Sorami Moriyama		

"Student Rehearsal Time" is designated time for students to have scheduled rehearsal space for:  
Solo, Duo, Trio Practice, Syllabus Practice, Choreography Review.

NSAD Half Day Program is split into 2 or 3 groups to ensure the training provided is of the correct level for each dancer.