



Half Day Schedule

2024/2025

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 Melissa Bossomworth	1:45-2:15 Student Coaching Time	1:45-2:15 Belinda's Coaching Time	1:45-2:15 Ballet Bloch Program Gyro/Yoga Muriel Teague	
2:15-3:45 NSAD Half Day Program Jazz Technique Group A Alicia Bruce	2:15-3:45 NSAD Half Day Program Ballet Technique Group A/B Alicia Steyns	2:15-3:45 NSAD Half Day Program Jazz Technique Group A Belinda Sobie	2:15-3:45 Ballet Bloch Program Adv Ballet Technique Muriel Teague	2:00-3:30 NSAD Half Day Program Flex Hour for Choreography Groups A & B
				3:30-4:45 Industry Workshop Group A & B Weekly Guest Instructors

STUDIO # 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:15 Ballet Bloch program Pilates Thomas Teague	1:45-3:15 Ballet Bloch Program Adv Ballet Techniqie Thomas Teague	1:45-2:15 Ballet Bloch Program Foot Conditioning Tracy-Lea Bloch	1:45-2:15 Student Coaching Time	1:45-3:15 Ballet Bloch Program Adv Contemporary Technique Monica Proenca
2:15-3:45 Ballet Bloch program Adv Contemporary Ballet Techniqie Thomas Teague	2:15-3:45 Ballet Bloch Program Plyometrics Thomas Teague	2:15-3:45 Ballet Bloch Program Adv Ballet Techniqie Tracy-Lea Bloch	2:15-3:45 NSAD Half Day Program Ballet Technique Group A/B Katherine Robidoux	3:15-3:30 Ballet Bloch Program Stretch & Strength Monica Proenca

STUDIO # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:45 NSAD Half Day Program Jazz Technique Group B Alicia Bruce			2:15-3:45 Ballet Bloch Program Adv Exam Class 2 nd Year Students Tracy-Lea Bloch	
2:15-3:45 NSAD Half Day Program Stretch & Strengthening Group B Melissa Bossomworth		2:15-3:45 NSAD Half Day Program Jazz Technique Group B Breanna English		

"Student Rehearsal Time" is designated time for studnets 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.