



North Shore Academy of Dancing

2026/2027 Half Day Schedule

*Schedule Subject to change

STUDIO # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:45-2:15 NSAD Half Day Program Stretch & Strengthening Group A/B Astrid Eckerle	1:45-2:00 Student Coaching Time	1:45-2:15 NSAD Half Day Program Foot & Conditioning Sorami Moriyama	1:45-2:00 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 Intermediate R.A.D. Ballet Group A/B Sorami Moriyama	2:15-3:45 NSAD Half Day Program Jazz Technique Group A/B Keiran Bohay	2:00-3:30 NSAD Half Day Program Open Ballet Technique Ballet Group A Alice Guillot	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	1:45-2:00 Student Coaching Time	1:45-2:00 Student Coaching Time	1:45-2:00 Student Coaching 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 A/B Belinda Sobie	2:15-3:45 NSAD Half Day Program Jazz Technique Group C Belinda Sobie	2:00-3:30 NSAD Half Day Program Intermediate Modern Group B/C Alyssa Rive	

STUDIO # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1:45-2:00 Student Coaching Time	1:45-2:00 Student Coaching Time		
	2:00-3:30 NSAD Half Day Program Ballet Technique Group B/C Alice Guillot	2:15-3:45 NSAD Half Day Program Advanced Foundation R.A.D Ballet Group A/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.