ACADEMY OF DANCE - EPPING

SENIOR ELITE PROGRAM (YEAR 8+)

2025 TIMETABLE

MONDAY

- MANDATORY CLASSES*
- OPTIONAL CLASSES
- EXTENSION CLASSES

Note: all classes 1 hour unless indicated otherwise.

v.6

*Senior Elite students are to nominate 1 Extension class of choice (at no additional cost) to complete their core program.

5.30 – 6.15 PM: YEAR 7+ **BALLET**

6.15 – 7.15 PM: YEAR 7+ **LYRICAL / CONTEMPORARY**

TUESDAY

4.15 – 5.15 PM: SENIOR **ELITE** **LYRICAL TROUPE**

5.15 – 6.15 PM: SENIOR **ELITE** **JAZZ SYLLABUS**

6.30 – 7.30 PM: SENIOR **ELITE** **BALLET RAD** (STREAMED ACROSS 3 STUDIOS FOR FOUNDATION / INTERMEDIATE / GRADE 5 + SYLLABUS)

7.30 – 8.15 PM: **PRE-POINTE** (30MINS) / **POINTE** (30MINS)

8.15 – 9.30 PM: SENIOR **ELITE** **CONTEMPORARY TROUPE EXTENSION**

WEDNESDAY

4.15 – 5.15 PM: INTER / SENIOR **COMM'L JAZZ EXTENSION** / YEAR 4-6 **MUSICAL THEATRE**

6.15 – 7.45 PM: INTER / SENIOR **ADVANCED STRETCH & CONDITIONING EXTENSION** (90MINS)

7.45 – 8.45 PM: INTER / SENIOR **ADVANCED JAZZ SKILLS EXTENSION**

THURSDAY

5.15 – 6.15 PM: SENIOR **ELITE** **PROGRESSING BALLET TECHNIQUE (PBT)**

6.30 – 7.15 PM: SENIOR **ELITE** **JAZZ TROUPE (TRADITIONAL)**

7.30 – 8.15 PM: SENIOR **ELITE** **BALLET RAD** GRADE 5 / INTERMEDIATE / FOUNDATION

FRIDAY

SATURDAY

As the program now allows for more electives, students may find themselves at the studio when no classes are running and waiting for an elected class to run.

Desks will be provided in the upstairs space for students to study / read / relax. Staff will supervise, but are not responsible for ensuring homework is completed / assisting with student homework.

12.45 – 1.15 PM: SENIOR **ELITE** **ACRO**

2.15 – 3.15 PM: SENIOR **ELITE** **TAP SYLLABUS**

3.15 – 4.15 PM: SENIOR **ELITE** **HIP-HOP TROUPE EXTENSION**

NOTE: classes are subject to change.