



# 2026 DRAFT 3 TIMETABLE



| MONDAY STUDIO A                               | MONDAY STUDIO B                                  | TUESDAY STUDIO A                                 | TUESDAY STUDIO B                                       |
|-----------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------------|
| Private Lesson Available                      | Private Lesson Available                         | <b>3:15pm - 3:45pm</b><br>Arabella (Aerials)     | Shania                                                 |
| <b>3:45pm - 4:30pm</b><br>Junior Aerial       | <b>3:45pm - 4:30pm</b><br>Senior Musical Theatre | <b>3:45pm - 4:30pm</b><br>Cheerleading           | Shania                                                 |
| <b>4:30 - 5:30pm</b><br>Senior Troupe         | <b>4:30pm - 5:15pm</b><br>Junior Hip Hop         | <b>4:30pm - 5:15pm</b><br>Pre Senior/Senior Acro | <b>4:30pm - 5:15pm</b><br>Intermediate Musical Theatre |
| <b>5:30pm - 6:15pm</b><br>Senior Jazz         | <b>5:15pm - 6:00pm</b><br>Junior Musical Theatre | <b>5:15pm - 6:00pm</b><br>Pre Senior Aerial      | <b>5:15pm - 6:00pm</b><br>Intermediate Hip Hop         |
| <b>6:15pm - 7:00pm</b><br>Senior Contemporary | <b>6:00pm - 6:45pm</b><br>Junior Ballet          | <b>6:00pm - 6:45pm</b><br>Intermediate Aerial    | <b>6:00pm - 6:45pm</b><br>Pre Senior Musical Theatre   |
| <b>7:00pm - 7:45pm</b><br>Senior Technique    | Private Lesson Available                         | <b>6:45pm - 7:30pm</b><br>Senior Aerial          | <b>6:45pm - 7:30pm</b><br>Pre Senior Hip Hop           |
| <b>7:45-8:15pm</b><br>Addisyn (Aerials)       | <b>7:45pm - 8:30pm</b><br>Senior Heels           | <b>7:30pm - 8:15pm</b><br>Senior Hip Hop         | <b>7:30pm - 8:15pm</b><br>Pre Senior Tap               |
| <b>8:15pm - 9:00pm</b><br>Senior Ballet       | Private Lesson Available                         | <b>8:15pm - 9:00pm</b><br>Senior Tap             | Private Lesson Available                               |
| WEDNESDAY STUDIO A                            | WEDNESDAY STUDIO B                               | THURSDAY STUDIO A                                | THURSDAY STUDIO B                                      |
| <b>3:15pm - 3:45pm</b><br>Arianna (Aerials)   | Private Lesson Available                         | <b>3:15pm - 3:45pm</b><br>Margot (Aerials)       | Private Lesson Available                               |
| <b>3:30pm - 4:30pm</b><br>Junior Troupe       | <b>3:45-4:30pm</b><br>Intermediate Technique     | <b>3:45pm - 4:30pm</b><br>Pre Senior Technique   | <b>3:45pm - 4:30pm</b><br>Inter/Grade 2 Ballet         |
| <b>4:30pm - 5:15pm</b><br>Junior Jazz         | <b>4:30pm - 5:15pm</b><br>Intermediate Jazz      | <b>4:30pm - 5:15pm</b><br>Pre Senior Aerial      | <b>4:30pm - 5:15pm</b><br>Inter/Stage 3 Tap            |
| <b>5:15pm - 6:00pm</b><br>Junior Acro         | <b>5:15pm - 6:00pm</b><br>Intermediate Acro      | <b>5:15pm - 6:00pm</b><br>Pre Senior Jazz        | <b>5:15pm - 6:00pm</b><br>Intermediate Lyrical         |
| <b>6:00pm - 7:00pm</b><br>Intermediate Troupe | <b>6:00pm - 6:45pm</b><br>Junior Technique       | <b>6:00 - 6:45pm</b><br>Pre Senior Contemporary  | <b>6:00 6:30pm</b><br>Eva A                            |
| <b>7:00pm - 7:30pm</b><br>Charlise (Aerials)  | <b>6:45pm - 7:15pm</b><br>Harlow TBC             | <b>6:45pm - 7:30pm</b><br>Pre Senior Troupe      | <b>7:30pm - 8:15pm</b><br>Pre Senior Ballet            |
| <b>7:30pm - 8:30pm</b><br>Adult Jazz          | Private Lesson Available                         | <b>7:30pm - 8:30pm</b><br>Adult Aerial BEGINNERS | Private Lesson Available                               |
| <b>8:30pm - 9:30pm</b><br>Adult Ballet        |                                                  |                                                  | <b>SATURDAY A</b>                                      |
|                                               |                                                  |                                                  | <b>8am - 9am</b><br>Elena (Aerials)                    |
|                                               |                                                  |                                                  | <b>9:00-9:45AM</b><br>Junior Acro                      |
|                                               |                                                  |                                                  | <b>9:45-10:30AM</b><br>Junior Jazz                     |
|                                               |                                                  |                                                  | <b>10:30-11:15AM</b><br>Junior Ballet                  |
|                                               |                                                  |                                                  | <b>11:15-12:00PM</b><br>Junior Tap                     |
|                                               |                                                  |                                                  | Private Lesson Available                               |

PRIVATE LESSONS ARE AVAILABLE  
TO ALL STUDENTS UPON REQUEST.

## AGE GROUPS

|              |                           |
|--------------|---------------------------|
| Mini         | 3yrs to 5yrs              |
| Junior       | Kindy, Year 1 and Year 2  |
| Intermediate | Year 3 and Year 4         |
| Pre Senior   | Year 5, Year 6 and Year 7 |
| Senior       | Year 8 +                  |





# MINI SUPERSTARS TIMETABLE



| MONDAY                                  | TUESDAY                                 | WEDNESDAY                               |
|-----------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>9:00-9:30AM</b><br>Mini Jazz         | <b>9:00-9:30AM</b><br>Mini Jazz         | <b>9:00-9:30AM</b><br>Mini Jazz         |
| <b>9:30-10:00AM</b><br>Mini Acro/Circus | <b>9:30-10:00AM</b><br>Mini Acro/Circus | <b>9:30-10:00AM</b><br>Mini Acro/Circus |
| <b>10:00-10:30AM</b><br>Mini Ballet     | <b>10:00-10:30AM</b><br>Mini Ballet     | <b>10:00-10:30AM</b><br>Mini Ballet     |
| <b>10:30-11:00AM</b><br>Mini Tap        | <b>10:30-11:00AM</b><br>Mini Tap        | <b>10:30-11:00AM</b><br>Mini Tap        |
| <b>11:30-12:00PM</b><br>Dance With Me!  | <b>11:30-12:00PM</b><br>Dance With Me!  | <b>11:30-12:00PM</b><br>Dance With Me!  |
| THURSDAY                                | FRIDAY                                  | SATURDAY STUDIO B                       |
| <b>9:00-9:30AM</b><br>Mini Jazz         | <b>9:00-9:30AM</b><br>Mini Tap          | <b>9:30 - 10:00AM</b><br>Mini Jazz      |
| <b>9:30-10:00AM</b><br>Mini Acro/Circus | <b>9:30-10:00AM</b><br>Mini Acro/Circus | <b>10:00 - 10:30AM</b><br>Mini Acro     |
| <b>10:00-10:30AM</b><br>Mini Ballet     | <b>10:00-10:30AM</b><br>Mini Ballet     | <b>10:30 - 11:00AM</b><br>Mini Ballet   |
| <b>10:30-11:00AM</b><br>Mini Tap        | <b>10:30-11:00AM</b><br>Mini Jazz       | <b>11:00 - 11:30AM</b><br>Mini Tap      |
| <b>11:30-12:00PM</b><br>Dance With Me!  | <b>11:30-12:00PM</b><br>Dance With Me!  | <b>11:30 - 12:00PM</b><br>Mini Troupe   |





# CLASS DESCRIPTIONS



**Dance with Me:** A fun and creative start to dance for ages 3 and under, with a loved one by their side!



**Ballet:** Ballet is the foundation of many dance styles, teaching balance, discipline, and body alignment. It is a classical dance form known for its grace, precision, and formal technique.



**Tap:** Tap combines rhythm and footwork to create musical beats using metal-soled shoes.



**Jazz:** Our Jazz classes at Stratosphere are high energy and so much fun with technique, flexibility, musicality and choreography components.



**Heels:** A Heels class is a fun and empowering dance style where dancers wear high heels while learning movements that emphasize confidence, style, and technique.



**Musical Theatre:** Our students love this fun, team building class! The style is a mix of dancing, singing, acting and drama.



**Contemporary/Lyrical:** These styles are a blend of the elements of ballet and jazz, focusing on creative movement, and freedom of expression, often emphasising floor work, improvisation, and emotional connection.



**Hip Hop:** Hip Hop incorporates a variety of techniques like popping, locking, breaking, and groove, making it an ever-evolving and expressive dance form.



**Technique:** This class focuses on developing the core skills essential for all styles of dance. It emphasises stretching, strengthening, and improving balance, and control, working on specific technical elements to refine form and enhance execution.



**Acrobatics:** At Stratosphere we have certified Acrobatic Arts teachers who teach by the syllabus to ensure each student is progressing. Incorporating Flexibility, Strength, Balance, Limbering Skills and Tumbling Skills, students will not only learn individual tricks but also partner and group stunts.



**Aerial:** At Stratosphere we have certified Aerial Arts teachers in both Silks and Lyra. Aerial Silks is a captivating performance art where dancers use long, flowing fabric suspended from the ceiling to perform acrobatic movements, climbs, wraps, and drops. Aerial Lyra/Hoop, is where dancers perform acrobatic movements on a suspended hoop. Dancers use the hoop to spin, pose, and execute tricks.



**Adult:** This class is for the Adults! It is an all inclusive and all abilities class for the beginners to the ex-dancers. It's a great way to stay fit, express creativity, and connect with our amazing community.