



2026 DRAFT 1 TIMETABLE



MONDAY STUDIO A	MONDAY STUDIO B	TUESDAY STUDIO A	TUESDAY STUDIO B
Private Lesson Available	Private Lesson Available	Private Lesson Available	Private Lesson Available
3:45pm - 4:30pm Junior Aerial	3:45pm - 4:30pm Senior Tap/Ballet	3:45pm - 4:30pm Cheerleading	3:45pm - 4:30pm Grade 2 EXAM Ballet
4:30 - 5:30pm Senior Troupe	4:30pm - 5:15pm Junior Hip Hop	4:30pm - 5:15pm Pre Senior/Senior Acro	4:30pm - 5:15pm Shania Private
5:30pm - 6:15pm Senior Jazz	5:15pm - 6:00pm Junior Musical Theatre	5:15pm - 6:00pm Pre Senior Aerial	5:15pm - 6:00pm Stage 2 EXAM Tap
6:15pm - 7:00pm Senior Contemporary	6:00pm - 6:45pm Junior Ballet	6:00pm - 6:45pm Senior Aerial	6:00pm - 6:45pm Pre Senior Musical Theatre
7:00pm - 7:45pm Senior Technique	6:45pm - 7:30pm Pre Senior Ballet	6:45pm - 7:30pm Pre Senior Hip Hop	6:45pm - 7:30pm Senior Tap/Ballet
7:45pm - 8:30pm Senior Heels	7:30pm - 8:15pm Pre Senior Tap	7:30pm - 8:15pm Senior Hip Hop	Private Lesson Available
8:30pm - 9:15pm Senior Tap	Private Lesson Available	8:15pm - 9:00pm Senior Musical Theatre	Private Lesson Available
WEDNESDAY STUDIO A	WEDNESDAY STUDIO B	THURSDAY STUDIO A	THURSDAY STUDIO B
3:15pm - 3:45pm Arianna	Private Lesson Available	Private Lesson Available	Private Lesson Available
3:45pm - 4:30pm Intermediate Aerial	3:30pm - 4:30pm Junior Troupe	3:45pm - 4:30pm Pre Senior Aerial	3:45pm - 4:30pm Intermediate Ballet
4:30pm - 5:15pm Intermediate Acro	4:30pm - 5:15pm Junior Jazz	4:30pm - 5:15pm Pre Senior Jazz	4:30pm - 5:15pm Intermediate Musical Theatre
5:15pm - 6:00pm Intermediate Jazz	5:15pm - 6:00pm Junior Acro	5:15pm - 6:00pm Pre Senior Contemporary	5:15pm - 6:00pm Intermediate Hip Hop
6:00pm - 7:00pm Intermediate Troupe	6:00pm - 6:45pm Junior Technique	6:00pm - 7:00pm Pre Senior Troupe	6:00pm - 6:45pm Intermediate Lyrical
7:00pm - 7:45pm Intermediate Technique	6:45pm - 7:15pm Harlow TBC	7:00pm - 7:45pm Pre Senior Technique	6:45pm - 7:30pm Intermediate Tap
7:45pm - 8:45pm Adult Jazz	Private Lesson Available	7:45pm - 8:45pm Adult Aerial BEGINNERS	Private Lesson Available
8:45pm - 9:30pm Adult Ballet			SATURDAY A
			8am - 9am Elena Aerials
			9:00-9:45AM Junior Acro
			9:45-10:30AM Junior Jazz
			10:30-11:15AM Junior Ballet
			11:15-12:00PM 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
9:00-9:30AM Mini Jazz	9:00-9:30AM Mini Jazz	9:00-9:30AM Mini Jazz
9:30-10:00AM Mini Acro/Circus	9:30-10:00AM Mini Acro/Circus	9:30-10:00AM Mini Acro/Circus
10:00-10:30AM Mini Ballet	10:00-10:30AM Mini Ballet	10:00-10:30AM Mini Ballet
10:30-11:00AM Mini Tap	10:30-11:00AM Mini Tap	10:30-11:00AM Mini Tap
11:30-12:00PM Dance With Me!	11:30-12:00PM Dance With Me!	11:30-12:00PM Dance With Me!
THURSDAY	FRIDAY	SATURDAY STUDIO B
9:00-9:30AM Mini Jazz	9:00-9:30AM Mini Jazz	9:30 - 10:00AM Mini Jazz
9:30-10:00AM Mini Acro/Circus	9:30-10:00AM Mini Acro/Circus	10:00 - 10:30AM Mini Acro
10:00-10:30AM Mini Ballet	10:00-10:30AM Mini Ballet	10:30 - 11:00AM Mini Ballet
10:30-11:00AM Mini Tap	10:30-11:00AM Mini Tap	11:00 - 11:30AM Mini Tap
11:30-12:00PM Dance With Me!	11:30-12:00PM Dance With Me!	11:30 - 12:00PM 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.