

2025 TIMETABLE

MONDAY STUDIO A	MONDAY STUDIO B	TUESDAY STUDIO A	TUESDAY STUDIO B
3:45-4:30PM JNR AERIAL	3:45-4:30PM JUNIOR LYRICAL	3:45-4:30PM PS/SNR AERIAL	4:00-4:30pm ARIANNA VITALE
4:30-5:15PM SENIOR HEELS	4:30-5:15PM JUNIOR HIP HOP	4:30-5:15PM ACROBATICS 4	PRIVATE LESSON
5:15-6:00PM 16/u TROUPE	5:15-6:00PM JUNIOR MUSICAL THEATRE	5:15-6:00PM SENIOR TAP	5:15-6:00PM PRE SENIOR HIP HOP
6:00-6:45PM SENIOR JAZZ	6:00-6:45PM JUNIOR TAP	6:00-6:45PM SENIOR HIP HOP	6:00-6:45PM PRE SENIOR TAP
6:45-7:30PM SENIOR CONTEMPORARY	PRIVATE LESSON	6:45-7:30PM PS/SNR AERIAL	6:45-7:30PM PRE SENIOR MUSICAL THEATRE
7:30-8:15PM SNR AERIAL	7:30-8:15PM MAT PILATES	7:30-8:15PM PS/SNR AERIAL	7:30-8:15PM SENIOR BALLET
WEDNESDAY STUDIO A	WEDNESDAY STUDIO B	THURSDAY STUDIO A	THURSDAY STUDIO B
PRIVATE LESSON	PRIVATE LESSON	3:30-4:00PM ADDISYN MORRIS	PRIVATE LESSON
3:45-4:30PM 10/u TROUPE	3:45-4:30PM ACROBATICS 2	4:00-4:45PM PRE SENIOR BALLET	3:45-4:30PM INTERMEDIATE HIP HOP
4:30-5:15PM INTERMEDIATE JAZZ	4:30-5:15PM JUNIOR JAZZ	4:45-5:30PM PRE SENIOR CONTEMPORARY	4:30-5:15PM INTERMEDIATE MUSICAL THEATRE
5:15-6:00PM ACROBATICS 3	5:15-6:00PM 6/u TROUPE	5:30-6:15PM PRE SENIOR JAZZ	5:15-6:00PM INTERMEDIATE BALLET
6:00-6:45PM JNR/INTER AERIAL	6:00-6:45PM JUNIOR BALLET	6:15-7:00PM 14/u TROUPE	6:00-6:45PM INTERMEDIATE TAP
6:45-7:30PM JNR/INTER AERIAL	6:45-7:30PM INTERMEDIATE LYRICAL	7:00-7:45PM PS AERIAL	7:00-7:45PM ADULT BALLET
PRIVATE LESSON	PRIVATE LESSON	7:45-8:30PM ADULT JAZZ	7:45-8:30PM 12/u TROUPE
		8:30-9:15PM ADULT TAP	SATURDAY A
			8:30-9:15AM AERIAL
			9:15-10:00AM ACROBATICS 1
			10:00-10:45AM JUNIOR JAZZ
			10:45-11:15AM JUNIOR BALLET
			11:15-12:00PM JUNIOR TAP

PRIVATE LESSONS ARE AVAILABLE
TO ALL STUDENTS UPON REQUEST.

AGE GROUPS

Dance With Me	1.5yrs to 3yrs
Mini	3yrs to 6yrs
Junior	Kindy, Year 1, Year 2
Intermediate	Year 3, Year 4 and Year 5
Pre Senior	Year 6, Year 7 and Year 8
Senior	Year 9 +



MINI SUPERSTARS TIMETABLE

MONDAY STUDIO A	FRIDAY STUDIO A
9:00-9:30AM MINI CIRCUS	9:00-9:30AM MINI ACRO
9:30-10:00AM MINI JAZZ	9:30-10:00AM MINI JAZZ
10:00-10:30AM MINI BALLET	10:00-10:30AM MINI BALLET
10:30-11:00AM MINI TAP	10:30-11:00AM MINI TAP
11:30-12:00PM CIRCUS WITH ME!	11:30-12:00PM DANCE WITH ME!
SATURDAY STUDIO B	
9:30-10:00AM MINI ACRO	
10:00-10:30AM MINI JAZZ	
10:30-11:00AM MINI BALLET	
11:00-11:30AM MINI TAP	

ALL ABILITIES TIMETABLE

SATURDAY STUDIO B
11:30-12:00PM ALL ABILITIES



CLASS DESCRIPTIONS



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



Circus with Me: Explore the exciting world of circus skills with your little one! For ages 3 and under, paired with a loved one.



All Abilities: This class offers a sensory friendly and all inclusive experience for all to feel safe and to express themselves! Carers, friends and family are welcome!



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.

CLASS DESCRIPTIONS



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.



Open Class: This class is for the younger ex-dancer who want to keep dancing! A low commitment and fun class to keep you moving and dancing your way through life!

