



VG Dance Timetable Spring 2024 – (10 Week Term)

Term Dates: Monday 8th January – Saturday 23th March

Half term: 12th February – 18th February

JUNIOR SHOW CLASSES in **BLUE** - SENIOR SHOW CLASSES in **RED** - NON-SHOW CLASSES in **BLACK**

MONDAY

| Alton Sports Centre Studio 1 | | | VG Dance Studio Energique | | |
|------------------------------|-----------------|--|---------------------------|-----------------------------------|----------|
| 4.00 – 6.00 | Private classes | | 2.00– 2.45 | Adult Jazz | Adult |
| | | | 2.45 – 3.20 | Adult Tap | Adult |
| | | | 3.45 – 4.15 | Pre-School Dance | Age 2.5+ |
| | | | 4.30 – 5.30 | Progressing Ballet Technique 2 | Year 5+ |
| | | | 5.30 – 6.30 | Progressing Ballet Technique 3 | Year 8 + |
| | | | 7.00 – 8.00 | Adult Ballet | Adult |

TUESDAY

| Alton Sports Centre Studio 1 | | | VG Dance Studio Energique | | |
|------------------------------|----------------|----------|---------------------------|-----------------------|----------|
| 4.00 – 4.30 | | | 4.00 – 4.30 | Primary Ballet | Year 1/2 |
| 4.30 – 5.00 | Inter Tap | Year 11+ | 4.30 – 5.00 | Primary Tap | Year 1/2 |
| 5.00 – 5.45 | Adv 1 Modern | Year 11+ | 5.00 – 5.45 | Grade 3 Tap | Year 7 |
| 5.45 – 6.30 | Grade 7 Ballet | Year 11+ | 5.45 – 6.30 | Grade 3 Modern | Year 7 |
| | | | 6.30 – 7.15 | Grade 3 Ballet | Year 7 |
| | | | 7.15 – 8.15 | Adult Ballet | Adult |

WEDNESDAY

| Alton Sports Centre Studio 1 | | | VG Dance Studio Energique | | |
|------------------------------|----------------------------|----------|---------------------------|-------------------------|-----------|
| 4.00– 4.45 | Musical Theatre 2/3 | Year 7+ | 9.00 –10.00 | Adult Ballet | Adult |
| 4.45 – 6.00 | Contemporary | Year 7+ | 10.15-10.45 | Pre-school | Preschool |
| Alton Sports Centre Studio 2 | | | 4.00-4.30 | NEW Yr R Ballet | Year R |
| 4.00 – 4.45 | Lower Senior Street | Year 7-9 | 4.30-5.00 | NEW Yr R Tap/Mod | Year R/1 |
| 4.45 – 5.30 | Junior Street | Year 3-6 | 5.00 – 5.45 | Grade 2 Ballet | Year 3/4 |
| 5.30 – 6.00 | Infant Street | Year R-2 | 5.45-6.30 | Grade 1 Tap/Mod | Year 3/4 |
| | | | 7.00 – 7.45 | Adult Jazz | Adult |
| | | | 7.45 – 8.30 | Adult Tap | Adult |

THURSDAY

| Alton Sports Centre Studio 1 | | | VGdance Studio Energique | | |
|------------------------------|-----------------------|---------|--------------------------|------------------------|----------|
| 4 – 4.30 | Grade 5 Tap | Yr 10 + | 4.15 – 5.00 | Grade 2 Ballet | Year 5/6 |
| 4.30 – 5.15 | Grade 6 Ballet | Yr 10 + | 5.00 – 6.00 | Grade 2 Tap/Mod | Year 5/6 |
| 5.15 – 6.00 | Inter Modern | Yr 10 + | 6.00 – 6.45 | Grade 4 Tap | Year 8/9 |
| | | | 6.45 – 7.30 | Grade 5 Modern | Year 8/9 |
| | | | 7.30 – 8.15 | Grade 5 Ballet | Year 8/9 |

FRIDAY

| Alton Sports Centre Studio 1 | | | VGdance Studio Energique | | |
|------------------------------|-------------------------------|----------|--------------------------|----------------------------|----------|
| 4.00 – 5.00 | NEW Inter Foundation Ballet 1 | Yr 7+ | 4.00 - 5.15 | Inter Foundation Ballet 2 | Year 8/9 |
| 5.00 – 6.15 | Advanced 1 Ballet | Year 11+ | 5.15 - 6.45 | Intermediate Ballet | Yr 9/10 |
| | | | 6.45 – 7.45 | Conditioning | Year 7+ |
| ZOOM | | | | | |
| 5.30 – 6.15 | Hypopressives | Adults | | | |

SATURDAY

| Alton Sports Centre Studio 1 | | | VGDANCE Studio Energique | | |
|-------------------------------------|----------------------------|----------|--------------------------|-----------------------------|-----------|
| 10.30 – 11.15 | Grade 6 Ballet | Yr 10+ | 8.45-9.15 | Preschool Dance | Preschool |
| 11.15 – 12.00 | Grade 5/inter Tap | Yr 10+ | 9.20-9.50 | Year R Ballet | Year R |
| 12.00 – 12.45 | Inter Modern | Yr 10+ | 9.55-10.25 | Year R/1 Tap/Mod | Year R/1 |
| 12.45 – 1.30 | Pointe | Invite | 10.25-10.55 | Year 1 Ballet | Year 1 |
| 1.30 – 2.30 | Advanced 1 Ballet | Yr 10+ | 11.00-11.30 | Primary Ballet | Year 2 |
| 2.30 – 3.30 | Senior Street | Year 10+ | 11.30-12.00 | Primary Tap | Year 2/3 |
| 3.30 – 4.30 | Adv 1 Modern | Year 12 | 12.00-12.30 | NEW Grade 1 Ballet | Year 3 |
| 4.30 – 5.15 | Inter+ Tap | Year 12 | 12.30 - 1.15 | Grade 1 Tap/Mod | Year 4 |
| 5.15 – 6.15 | Grade 7 Ballet | Year 12 | 1.15-2.00 | Grade 2 Ballet (new) | Year 4 |
| | | | 2.00-2.45 | Grade 2 Ballet | Year 5/6 |
| | | | 2.45 – 3.45 | Grade 2 Tap/Mod | Year 5/6 |
| Alton Sports Centre Studio 2 | | | 3.45 – 4.30 | Grade 5 Ballet | Year 8/9 |
| 10.00 – 10.45 | Grade 3 Ballet | Year 7+ | 4.30 – 5.15 | Grade 4 Tap | Year 8/9 |
| 10.45 – 11.30 | Grade 3 Modern | Year 7+ | 5.15 – 6.00 | Grade 5 Modern | Year 8/9 |
| 11.30 – 12.15 | Grade 3 Tap | Year 7+ | 6.00 – 7.00 | Inter F Ballet | Year 8/9 |
| 1.45 – 2.30 | Lower Senior Street | Year 7+ | | | |
| Upstairs Studio Energique | | | | | |
| | | | 10.20-10.50 | Infant Street | Yr 1 - 2 |
| | | | 11.10-11.50 | Junior Street | Year 3/4 |
| | | | 12.45 – 1.30 | Junior Street | Year 5/6 |