

Quispamsis Schedule 2025 - 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 - 5:30 Ballet Level 1 (7 & 8 years)	4:45 - 5:45 Hip Hop 1 & 2 (7-10 years)	4:30 - 5:00 Creative Ballet (3 & 4 years)	4:30 - 5:15 Pre-Ballet (5 & 6 years)		9:30 - 10:00 Toddler Moves and Grooves	10:00 - 10:30 Toddler Moves and Grooves
4:30 - 5:00 Creative Ballet (3 & 4 years)	5:15 - 6:00 Intro to Acro (6-8 years)	5:00 - 6:30 Ballet Level 4 & 5 (13 years +)	4:30 - 5:15 Pre-Cont./Jazz (5 & 6 years)	5:30 - 6:00 Pre-tap (5 & 6 years)	9:45 - 10:15 Creative Ballet (3 & 4 years)	10:30 - 11:00 My First Dance Class (3 & 4 years)
5:30 - 6:30 Jazz Level 3 (11 years +)	5:45 - 6:45 Hip Hop 3 & 4 (11 years +)	5:00 - 6:00 Ballet Level 1 (7 & 8 years)	5:15 - 6:30 Horton Technique A/ Contemporary Level 4 & 5 (13 years+)	5:30 - 6:30 Acro Arts A (9 & 10 years)	10:00 - 10:30 Toddler Moves and Grooves	
5:00 - 5:45 Pre-Ballet (5 & 6 years)	6:00 - 7:00 Jazz Level 2 (9 & 10 years)	6:30 - 7:45 Ballet Level 3 (11 years +)	5:15 - 6:15 Contemporary 1 & 2 (7-10 years)	6:00 - 6:30 Pre-Hip Hop (5 & 6 years)	10:15 - 11:00 Creative Movement (4 & 5 years)	
6:30 - 7:30 Jazz 4 & 5 (13 years +)	6:45 - 7:45 Tap Level 3 & 4 (11 years +)	6:00 - 7:00 Ballet Level 2 (9 & 10 years)	6:30 - 7:30 Ballet Level 2 (9 & 10 years)	6:30 - 7:30 Acro Arts B (11- 14 years)	10:30 - 11:15 Pre-Ballet (5 & 6 years)	1:00 - 2:00 Choreography Lab A (10 - 12 years)
5:45 - 6:45 Jazz Level 1 (7 & 8 years)	7:00 - 8:00 Adult Beg.Cont.	7:00- 7:30 Pointe A (For Ballet Level 4 & 5)	6:30 - 7:30 Lyrical (13 years +)	6:30 - 7:30 Tap Level 1 & 2 (7-10 years)	11:00 - 11:30 MFDC (3 & 4 years)	2:00 - 3:00 First City Ensemble (10 - 12 years)
6:45 - 7:45 Contemporary 3 (11 years +)		7:45 - 8:15 Pre-Pointe (For Ballet Level 3)	7:30 - 9:00 Adult Advanced Contemporary		11:15 - 11:45 Creative Ballet (3 & 4 years)	
7:30 - 8:45 Level 4 & 5 Ballet (13 years +)		7:30 - 8:30 Adult Beginner Ballet			11:30 - 12:30 Ballet Level 1 (7 & 8 years)	
8:45 - 9:30 Adult Ballet Express Barre			8:30 - 9:30 Adult Beginner Tap		12:15 - 1:30 Ballet Level 3 (11 years +)	
					1:30 - 3:30 Winter Solstice	
					3:30 - 5:00 Intermediate Open Ballet (Level 4, 5 & 6)	

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