

# Performance

# LAB

BY DANCEXCEL PERFORMANCE STUDIO.

GIVE YOUR DANCER THE TOOLS TO GROW,  
PERFORM, AND THRIVE IN AND BEYOND THE STUDIO.

TECHNIQUE  
STRENGTH  
PILATES  
PHYSIOTHERAPY  
OPEN CLASSES



# WHAT IS PerformanceLAB?

**PerformanceLAB** is Danceexcel's new training environment, designed for ALL dancers who want to take their technique, strength, and performance to the next level.

**PerformanceLAB** offers small group sessions (limited to 4 – 8 dancers and privates) to ensure personalised coaching, focused development, and real results.

**Based in our premium studio space!**

**All classes are designed to COMPLEMENT a dancer's regular training, with a strong focus on:**

- Technical refinement
- Strength and conditioning
- Injury prevention and management
- Performance quality and confidence



**PerformanceLAB is for ALL DANCERS!**

- Recreational Dancers: Looking to accelerate their progress and work towards entering our DDP programs.
- DDP Dancers: Working towards becoming part of the Eisteddfod Team.
- Eisteddfod Team Dancers: Wanting to extend and strengthen their training beyond weekly classes
- Soloists: Seeking personalised, high-performance technique training and cross-training support

# WHAT PerformanceLAB OFFERS?

PerformanceLAB offers a range of specialised training classes and services, including:

## Technique LAB [Small Group Classes or Private Lessons]

- *Break down technique with precision and enhance your technical skills across all styles. Build stronger foundations, cleaner lines, and greater control in every movement.*
  - Small Group Class – 4–6 Participants
  - Private – 1 Participant
  - 30 Minutes

## Strength & Conditioning (COMING SOON)

- *Strength-based classes designed to improve power, stability, and endurance. Giving dancers the physical tools they need to execute skills with confidence and consistency*
  - 6–8 Participants
  - 60 Minutes

## Pilates for Dancers

- *Pilates is a cross-training method that allows dancers to develop flexibility, mobility, and body awareness. Through these classes unlock new levels of performance and support overall wellbeing*
  - 6–8 Participants
  - 60 Minutes
  - Reformer & Mat

## Physiotherapy & Injury Management

- *Access professional physiotherapy guidance, expert care for injury prevention, management, and recovery.*
  - 1 Participant
  - 30 Minutes

## LIMITED LAUNCH OFFER

### FIRST 50 DANCERS

to book a class or purchase a package will receive an exclusive **PerformanceLAB** metal drink bottle.

**BOOK NOW !**

Performance  
LAB BY DANCEXCEL PERFORMANCE STUDIO

EXCE  
DANCEXCEL PERFORM

# WHY TRAIN AT PerformanceLAB?

- Accelerate your progress through personalised training and small-group classes.
- Receive individualised corrections and tailored development programs that leads to faster improvement and long-term results.
- Build on your technical ability and skills across all styles
- Develop stronger turns, improved control and cleaner technique
- Increase your flexibility
- Engage with industry-standard strength work and pilates specifically for dancers
- Develop injury prevention strategies and body awareness
- Improve your confidence in class and on the stage



# PerformanceLAB TIMETABLE

DAY	TIME	CLASS
Tuesday	5:30PM	Pilates (10U/12U)
Tuesday	6:30PM	Pilates (14U/OPEN)
Wednesday	5:30PM	Group Technique (10U/12U)
Wednesday	6:00PM	Group Technique (10U/12U)
Wednesday	6:30PM	Group Technique (14U/OPEN)
Thursday	5:30PM	Group Technique (8U/9U)
Thursday	6:00PM - 7:00PM	Physiotherapy Consults
Sunday	9:30AM - 11:30AM	Technique Privates

## BOOK NOW!

<https://dancexcelperformancelab.square.site>



# HOW TO BOOK

PerformanceLAB



<https://dancexcelperformancelab.square.site>

- Classes are available to book through our SQUARE Booking System.
- Classes can be booked on a week-by-week basis, without the commitment of enrolling in ongoing weekly classes.
- PerformanceLAB classes will begin in Week 2 of Term 3 (Tuesday 28 July 2026)
- Packages can be used to
- Places are limited to maintain the quality and individual attention of each session.

## CLASS PASSES & PACKAGES

### Casual Class Pass – Pay for individual classes

- Small Group Technique / Pilates / Strength – \$27
- Private Technique – \$45
- Physiotherapy Consult – \$60

### Class Package – Purchase a 5 or 10 Class Package to use across any classes throughout the term\*

- PerformanceLAB 5 Class Package – \$125
- PerformanceLAB 10 Class Package – \$225

*\*excluding physiotherapy or Technique Privates*

*\*packages can be purchased and used for families / sibilings*

- Technique Private 5 Class Package – \$200



