

Dancexcel Timetable 2026 - Term 3

Monday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		Seaforth
4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.15-8.00 8.00-8.30	Technique (12s) *** Technique (10s) *** Technique (14s) *** Industry (14s) *** Industry (Senior)*** Industry (Senior)***	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-8.00 8.00-8.30	Classical Grade 4 (Yr 4) Classical Grade 5/Int Found (Yr 6) Classical Grade 5/Int Found (Yr 5) Classical Advanced Foundation Classical Int Found (Yr 7 & 8) Classical Extension (1F)	4.00-4.45 4.45-5.30 5.30-6.15	Mini's - Technique (Year K-2) Industry (12s) *** Industry (10s) ***	4.00-4.45 4.00-4.45 4.45-5.30 4.45-5.30 5.30-6.15	Primary Ballet (Yr K) Grade 1 & 2 Ballet (Yr 1 & 2) Jazz Acro (Yr K & 1) Jazz Acro (Yr 2, 3 & 4) Grade 3 Ballet (Yr 3)
Tuesday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		
4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-7.45 7.45-8.30	Mini's - Kindy Jazz (Yr K) Jazz Junior (Yr 3 & 4) Lyrical Junior (Yr 3 & 4) Musical Theatre Intermediate (Teen) Jazz Intermediate (Teen) Lyrical Intermediate (Teen)	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-7.45 7.45-8.30	Lyrical Pre-Junior (Yr 2) Jazz Pre-Junior (Yr 2) Grade 3 & 4 Ballet (Yr 3 & 4) INDUSTRY POP UP INDUSTRY POP UP INDUSTRY POP UP	4.00-4.45 4.45-5.30 5.30-6.30 6.30-7.30	Lyrical Pre-Junior (Yr 1) Jazz Pre-Junior (Yr 1) Performance Lab - Pilates Performance Lab - Pilates		
Wednesday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		
4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-7.45	Classical Grade 1 (Yr 1) Jazz Pre-Junior (Yr 1 & 2) Musical Theatre Intermediate (Yr 5 & 6) Jazz Intermediate (Yr 5 & 6) Lyrical Intermediate (Yr 5 & 6)	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.15 7.15-8.15	Classical Grade 2 (Yr 2) Technique (9s) *** Classical Grade 3 (Yr 3) Acro (Beginner) Acro (Intermediate/Advanced)	4.00-4.45 4.45-5.30 5.30-6.30 6.30-7.30	Classical Grade 2 (Yr 2) Technique (9s) *** Performance Lab - Technique Performance Lab - Technique		
Thursday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		
4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.15-8.00	Musical Theatre Junior (Yr 3 & 4) Jazz Junior (Yr 3 & 4) Hip Hop Junior (Yr 3 & 4) Hip Hop Pre-Int/Int (Yr 5 & 6/Teen) Hip Hop Performance (Intermediate 14s)***	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-7.15 7.15-8.00 8.00-8.45	Musical Theatre Performance (Junior 10s)*** Hip Hop Performance (Junior 10s/12s) *** Musical Theatre Performance (Int 12s/14s)*** Musical Theatre Performance (14s/Senior)*** ADF Rehearsal - Open Jazz Lyrical Performance (Open)*** Jazz Performance (Open)***	4.00-4.45 5.00-5.30 5.30-6.00 6.00-7.00 7.00-7.30	Boys Hip Hop (Yr 3 - 6) Performance Lab - Technique Performance Lab - Physio Clinic Performance Lab - Physio Clinic Performance Lab - Physio Clinic		
Friday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		
4.00-4.45 4.45-5.30 5.30-6.15	Contemporary (Junior 10s)*** Lyrical Performance (12s)*** Contemporary (Junior 12s)***	4.00-4.45 4.45-5.30 5.30-6.15	Classical Grade 2 (Yr 2) Stretch & Conditioning (9s)*** Classical Grade 3 (Yr 3)	4.00-4.45 4.45-5.30 5.30-6.15	Private Lessons Lyrical Performance (10s)*** Private Lessons		
Saturday	Balgowlah - Studio A		Balgowlah - Studio B		Balgowlah - Studio C		
8.45-9.30 9.30-10.30 10.30-11.15 11.15-12.00 12.00-12.45 12.45-1.30 1.30-2.00 2.00-2.45 2.45-3.30 3.30-4.15 4.15-5.00	Mini's - Ready Set Dance (Born in 2023/2024) Mini's - Ready Set Dance (Born in 2022) Lyrical Performance (9s)*** Jazz Performance (9s)*** Stretch & Conditioning (12s)*** Musical Theatre Performance (Junior 12s) *** 12s Break Jazz Performance (12s)*** Contemporary (Intermediate)*** Jazz Performance (14s)*** Classical Extension (Advanced Foundation)	8.45-9.30 9.30-10.15 10.30-11.15 11.15-12.00 12.00-12.45 12.45-1.30 1.30-2.15 2.15-2.45 2.45-3.30 3.30-4.15 4.15-5.00	Mini's - Kindy Ballet (Yr K) Mini's - Ready Set Dance (Starting School in 2027) Stretch & Conditioning (10s)*** Classical Grade 4 (Yr 4) Jazz Performance (10s)*** Stretch & Conditioning (14s)*** Lyrical Performance (14s)*** 14s/16s/Opens Break Classical Grade 5/Int Found (Yr 5 & 6) Classical Advanced Foundation Classical Int Found (Yr 7 & 8)	8.45-9.30 9.30-10.30 10.30-11.30 11.30-12.00 12.00-12.45 12.45-1.30 1.30-2.15 2.15-2.45 2.45-3.30 3.30-4.15 4.15-5.00	Mini's - Ready Set Ballet 3-5 years Performance Lab - Pilates Performance Lab - Pilates Private Lessons Private Lessons Senior Heels (16s/Open) *** Technique (16s/Open) *** 14s/16s/Opens Break Contemporary (Senior)*** Private Lessons Private Lessons		