

# JAL Dance Timetable 2026

Effective 02/02/2026

R4

|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          |                               |                                                     |           |    |
|-----------|----|----------------------------|--------------------------|----------------------------|------------------------------|------------------------------------|------------------------------|-------------------------|-----------------------------|-----------------------------------|---------------------------|-------------------------|--------------------------|-------------------------------|-----------------------------------------------------|-----------|----|
| Monday    | S1 |                            |                          |                            | Eist 10 & Under<br>4:00-5:30 |                                    | Eist 8 & Under<br>5:30 -6:45 |                         | Jazz 9<br>6:45-7:30         | Eist 15 & Under<br>7:30-9:00      |                           |                         | S1                       | Monday                        |                                                     |           |    |
|           | S2 |                            |                          | AcroT/PJ<br>3:30-4:00      | Tinies<br>4:00-4:45          | Eist 6 & Under<br>4:45-5:30        |                              | Eist 12<br>6:00-7:30    |                             |                                   |                           |                         |                          |                               | S2                                                  |           |    |
|           | S3 |                            |                          |                            | Pre-Junior<br>3:45-4:45      |                                    | Ballet Adv1<br>4:45-5:45     |                         | Ballet AdvF<br>5:45-6:45    |                                   | 15 Open Jazz<br>6:45-7:30 |                         |                          |                               | S3                                                  |           |    |
| Tuesday   | S1 | Dance with me<br>9:00-9:30 | Preschool<br>9:30-10:15  |                            | Ballet 1<br>3:45-4:30        | Ballet 2<br>4:30-5:15              | Hip Hop 1/2<br>5:15-6:00     |                         | Hip Hop 7/8/9<br>6:00-6:45  |                                   | Tap 8<br>6:45-7:30        | Ballet Int<br>7:30-8:30 |                          | S1                            |                                                     |           |    |
|           | S2 |                            |                          |                            |                              |                                    | Tap1<br>4:30-5:15            | Ballet 3<br>5:15-6:00   |                             | Ballet 4<br>6:00-6:45             |                           |                         |                          |                               | S2                                                  |           |    |
|           | S3 |                            |                          |                            | Tap 2<br>3:45-4:30           | Hip Hop 3/4<br>4:30-5:15           |                              | Tap 4<br>5:15-6:00      |                             | Tap3<br>6:00-6:45                 |                           | Tap7<br>6:45-7:30       | Ballet AdvF<br>7:30-8:30 | PointeAdvF<br>8:30-9:00       |                                                     | S3        |    |
|           | S4 |                            |                          |                            | MT 3/4<br>3:45-4:30          |                                    |                              | MT 7/ 8/9<br>5:15-6:00  |                             | MT 1/2<br>6:00-6:45               |                           |                         |                          |                               | S4                                                  |           |    |
| Wednesday | S1 | Linedancing                |                          |                            |                              | Tap Junior<br>3:45-4:30            | Hip Hop Junior<br>4:30-5:15  |                         | Hip Hop Open<br>5:15-6:00   |                                   | Heels<br>6:00-6:45        | Cont Open<br>6:45-7:30  | Jazz Open<br>7:30-8:15   | Eist Open<br>8:15-9:30        | S1                                                  |           |    |
|           | S2 |                            |                          |                            |                              | Jazz 4<br>3:45-4:30                | Ballet 4<br>4:30-5:15        |                         | Ballet Primary<br>5:15-6:00 |                                   |                           |                         |                          |                               | S2                                                  |           |    |
|           | S3 |                            |                          |                            |                              | Ballet 3<br>3:45-4:30              | Jazz 3<br>4:30-5:15          |                         | Acro 3/4<br>5:15-6:00       |                                   | Cont3/4<br>6:00-6:45      |                         |                          |                               | S3                                                  |           |    |
|           | S4 |                            |                          |                            |                              | Hip Hop Boys<br>3:45-4:30          | Tap Boys<br>4:30-5:15        |                         |                             |                                   | MT Junior<br>6:00-6:45    |                         |                          |                               | S4                                                  |           |    |
| Thursday  | S1 |                            |                          |                            | Pre-Junior<br>3:30-4:30      | Jazz6<br>4:30-5:15                 |                              | Cont 7/8/9<br>5:15-6:00 |                             | Ballet INTF<br>6:00-6:45          |                           | Jazz7<br>6:45-7:30      | Ballet Int<br>7:30-8:30  | PointeInt<br>8:30-9:00        |                                                     | S1        |    |
|           | S2 |                            |                          |                            |                              | Tinies<br>3:45 -4:30               | Ballet5<br>4:30-5:15         |                         | Jazz Junior<br>5:15-6:00    |                                   | Tap 5<br>6:00-6:45        |                         | Tap9/OP<br>6:45-7:30     | Ballet Adv1<br>7:30-8:30      | PointeAdv1<br>8:30-9:00                             |           | S2 |
|           | S3 |                            |                          |                            |                              | Ballet Primary<br>3:45-4:30        | Acro Junior<br>4:30-5:15     |                         | Hip Hop 5/6<br>5:15-6:00    |                                   | Acro 7/8/9<br>6:00-6:45   |                         | Jazz 8<br>6:45-7:30      | Str/Conditioning<br>7:30-8:15 |                                                     |           | S3 |
|           | S4 |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         | MT5/6<br>6:45-7:30       |                               |                                                     |           | S4 |
| Friday    | S1 | Dance with me<br>9:00-9:30 | Preschool<br>9:30-10:15  |                            | Cont 1/2<br>3:45-4:30        | Jazz1<br>4:30-5:15                 |                              | Cont 5/6<br>5:15-6:00   |                             | Tap6<br>6:00-6:45                 |                           | Jazz 5<br>6:45-7:30     |                          |                               |                                                     | S1        |    |
|           | S2 |                            |                          |                            | Preschool<br>3:45-4:30       | Ballet2<br>4:30-5:15               |                              | Ballet1<br>5:15-6:00    |                             | Ballet 5<br>6:00-6:45             |                           | BalletIntF<br>6:45-7:45 |                          | PointeIntF<br>7:45-8:15       |                                                     |           | S2 |
|           | S3 |                            |                          |                            |                              | Acro 5/6<br>4:30-5:15              |                              | Jazz2<br>5:15-6:00      |                             | Acro 1/2<br>6:00-6:45             |                           |                         |                          |                               |                                                     | S3        |    |
| Saturday  | S1 |                            | Ballet Xtn<br>8:30-10:15 |                            |                              | Extension Eist 15/OP<br>10:30-1:30 |                              |                         |                             | Extension Eist 10/12<br>1:30-4:30 |                           |                         |                          |                               |                                                     | S1        |    |
|           | S2 |                            |                          |                            | Tinies<br>9:15-10:00         | AcroT/PJ<br>10:00-10:30            | SingingT/PJ<br>10:30-11:00   |                         |                             |                                   |                           |                         |                          |                               | S2                                                  |           |    |
|           | S3 | Dance with me<br>8:00-8:30 | Preschool<br>8:30-9:15   |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | S3                            |                                                     |           |    |
|           | S4 |                            |                          | Prejunior<br>9:00 to 10:00 |                              |                                    |                              |                         |                             |                                   |                           |                         |                          |                               | S4                                                  |           |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          |                               | School grade guide<br>Use colours for dancing level |           |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | Not at school (preschool)     |                                                     |           |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | Prep (tinies)                 |                                                     |           |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | GR1 (prejunior)               |                                                     |           |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | GR2                           | GR3                                                 | GR4       |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | GR5                           | GR6                                                 | YR7       |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | YR8                           | YR9                                                 | YR10      |    |
|           |    |                            |                          |                            |                              |                                    |                              |                         |                             |                                   |                           |                         |                          | YR11                          | YR12/OF                                             | Boys only |    |