

# Class Timetable - Spring Term 2025

## Sunday

Studio 1	Studio 3	Studio 4
9.00 – 9.45am Pre-school Ballet (Age 2-4 years) <b>Miss Gemma</b>	9.00 – 9.45am ISTD Pre-Primary Ballet (Reception, year 1 & 2 school years) <b>Miss Heidi</b>	9.00 – 9.45am ISTD Primary Ballet <b>Miss Harley</b>
9.45-10.15pm ISTD Grade 1 Tap <b>Miss Gemma</b>	9.45 – 10.15am ISTD Pre-Primary Tap (Reception, year 1 & 2) <b>Miss Heidi</b>	9.45 – 10.15am ISTD Primary Tap <b>Miss Harley</b>
10.15-11.00am ISTD Primary Modern <b>Miss Gemma</b>	10.15 – 11.00am ISTD Grade 1 Ballet <b>Miss Heidi</b>	10.15- 11.00am ISTD Grade 1 Modern <b>Miss Harley</b>
11.00-11.30am Infant Street <b>Miss Gemma</b>	11.00-12.15pm Junior Ballet Associates Conditioning (Standard 1, Grade 1 & 2) <b>Miss Heidi</b>	11.00 – 11.30am ISTD Grade 3 Tap <b>Miss Harley</b>
11.30-12.15pm Solo/duet Competition Practice (7 places at £5 each) <b>Miss Gemma</b>		11.30-12.15pm ISTD Grade 3 Ballet <b>Miss Harley</b>
12.15-1.00pm Private Lesson <b>Miss Heidi</b>	12.15-1.00pm Company Professional Jazz Technique training (Free Class for those on Professional package) <b>Miss Gemma</b>	12.15-1.00pm Private Lesson <b>Miss Harley</b>
1.00– 1.30pm ISTD Grade 2 Tap <b>Miss Heidi</b>	1.00pm- 2.00pm Solo/duet Competition Practice (10 places at £5 each) <b>Miss Gemma</b>	1.00-1.45pm ISTD Grade 5 Tap <b>Miss Harley</b>
1.30-2.00pm Solo/duet Competition Practice (5 places at £5 each) <b>Miss Heidi</b>	2.00-3.15pm Mid Ballet Associates (Standard 3, Grade 3, 4 & 5) <b>Miss Heidi</b>	



**Monday**

Studio 1	Studio 3	Studio 4
10.00-12.00pm ISTD Teacher Training – Tap Dance Miss Louise	11.00pm-12.00pm ISTD Advanced 2 Ballet Miss Heidi	
	12.30 – 2.30pm ISTD Teacher Training – Imperial Ballet (DDE) Miss Heidi	
4.00-4.30pm ISTD Primary Tap Miss Emma	3.45- 4.30pm Gymnastics (Reception, year 1 & 2) Miss Heidi	4.00pm-4.30pm Private Lesson Miss Harley
4.30-5.15pm ISTD Grade 5 Tap Miss Emma	4.30-5.15pm Junior Street Training <u>- £10 per class open to all!</u> Age 7 to 11 years Tashan Muir	4.30-5.15pm ISTD Pre-Primary Ballet Miss Harley
5.15-6.00pm ISTD Intermediate Tap Miss Emma	5.15-6.00pm Competition Team (Invite only) Tashan Muir	5.15-6.00pm Junior Lyrical Miss Harley
6.00-6.30pm ISTD Advanced 1 Tap Miss Emma	6.00-.6.45pm Mid Street Training <u>- £10 per class open to all!</u> Age 11 – 14 years Tashan Muir	6.00-6.30pm Stretch & Conditioning Miss Harley
6.30-7.15pm ISTD Grade 6 Tap Miss Emma	6.45-7.45pm Competition Team <u>(Invite only)</u> Tashan Muir	6.30-7.15pm Solo/Duet Competition Practice (10 places at £5 each) Miss Harley
7.15-8.00pm Adults Tap Dance Miss Emma	7.45-8.45pm Senior Street Training <u>- £10 per class open to all!</u> Age 14 upwards Tashan Muir	7.15 – 8.00pm ISTD Grade 5 Ballet Miss Harley
8.00-8.45pm Adults Beginners Ballet Miss Emma		8.00-8.45pm Pointe Work Miss Harley

## Tuesday

Studio 1	Studio 3	Studio 4
4.15-5.00pm ISTD Grade 4 Modern <b>Miss Becky</b>	4.15-5.00pm ISTD Grade 3 Modern <b>Miss Gemma/Heidi</b>	4.15-5.00pm ISTD Grade 2 Modern <b>Miss Tate</b>
5.00-5.45pm ISTD Advanced 2 Tap <b>Miss Becky</b>	5.00-5.45pm ISTD Grade 2 Ballet <b>Miss Gemma/Heidi</b>	5.00-5.45pm ISTD Grade 3 Ballet <b>Miss Tate</b>
5.45-6.30pm ISTD Advanced 1 Ballet <b>Miss Becky</b>	5.45-6.30pm ISTD Grade 5 & 6 Ballet FREE work only <b>Miss Gemma/Heidi</b>	5.45-6.30pm ISTD Intermediate Modern <b>Miss Tate</b>
6.30-7.30pm ISTD Grade 6 Modern <b>Miss Becky</b>	6.30-7.30pm ISTD Intermediate, Advanced 1 & 2 Ballet FREE work only <b>Miss Gemma/Heidi</b>	6.30-7.15pm Stretch & Conditioning <b>Miss Tate</b>
7.30-8.15pm Adults Ballet <b>Miss Becky</b>	7.30-8.15pm Pointe Work Intermediate, Advanced 1 & 2 level <b>Miss Gemma/Heidi</b>	7.15-8.15pm Solos/Duets Competition Practice (7 places at £5 each) <b>Miss Tate</b>
8.15pm-9pm ISTD Advanced 1 Tap <b>Miss Becky</b>	8.15-9.00pm Solo/Duets Competition Practice (10 places at £5 each) <b>Miss Tate</b>	8.15-9.00pm Adult Body Conditioning <b>Miss Gemma/Heidi</b>



**Wednesday**

Studio 1	Studio 3	Studio 4
	2.00-3.00pm ISTD Advanced 1 Modern <b>Miss Natalie</b>	
4.00-4.30pm Solo/Duets Competition Practice (5 places at £5 each) <b>Miss Heidi</b>	3.00-4.00pm ISTD Intermediate Modern <b>Miss Natalie</b>	
4.30-5.00pm Solo/Duets Competition Practice (5 places at £5 each) <b>Miss Heidi</b>	4.30-5.15pm Junior American Tap (Grade 1, 2 & 3 Tap level) <b>Miss Sara or Tate</b>	4.30-5.15pm ISTD Primary Ballet <b>Miss Gemma</b>
5.15-6.00pm ISTD Intermediate Ballet <b>Miss Heidi</b>	5.15-6.00pm Mid American Tap (Grade 4, 5 & 6 level) <b>Miss Sara or Tate</b>	5.15-6.00pm Junior Musical Theatre (Age 7-13) <b>Miss Gemma</b>
6.00-6.45pm ISTD Grade 4 Modern <b>Miss Gemma</b>	6.00-6.45pm Senior Tap comp Group <b>Miss Sara or Tate</b>	6.00pm-6.45pm ISTD Grade 5 Modern <b>Miss Heidi</b>
6.45-7.30pm Stretch & Conditioning <b>Miss Gemma</b>	6.45-7.30pm Senior American Tap (Grade 6, Inter, Advanced 1 & 2) <b>Miss Sara or Tate</b>	6.45-7.30pm ISTD Grade 5 Ballet <b>Miss Heidi</b>
7.30-8.15pm ISTD Grade 4 Tap <b>Miss Gemma</b>	7.30-8.15pm Senior Musical Theatre <b>Miss Sara or Tate</b>	7.30-8.15pm Pointe Class <b>Miss Heidi</b>
8.15-9.00pm Adult Beginners Tap <b>Miss Gemma</b>	8.15-9.00pm Adult American Tap <b>Miss Sara or Tate</b>	8.15-9.00pm ISTD Grade 6 Ballet <b>Miss Heidi</b>



**Thursday**

Studio 1	Studio 3	Studio 4
3.00-4.00pm ISTD Advanced 2 Modern <b>Miss Natalie</b>	3.00-4.00pm ISTD Intermediate Tap <b>Miss Harley</b>	
4.15-5.00pm ISTD Pre-Primary Ballet <b>Miss Harley</b>	4.15-5.00pm Gymnastics/Tricks Reception, Year 1 & 2 <b>Miss Natalie</b>	4.15-5.00pm ISTD Standard 1 Ballet <b>Miss Gemma</b>
5.00-5.45pm ISTD Grade 1 Ballet <b>Miss Harley</b>	5.00-5.45pm Gymnastics/Tricks Year 3, 4, 5 & 6 years <b>Miss Natalie</b>	5.00-5.45pm ISTD Grade 2 Ballet <b>Miss Heidi</b>
5.45-6.30pm ISTD Grade 1 Tap <b>Miss Harley</b>	5.45-6.30pm ISTD Grade 3 Ballet <b>Miss Gemma</b>	5.45-6.30pm ISTD Grade 2 Tap <b>Miss Heidi</b>
6.30-7.15pm ISTD Grade 4 Ballet <b>Miss Gemma</b>	6.30-7.15pm Adult Ballet <b>Miss Heidi</b>	6.30-7.15pm ISTD Grade 3 Modern <b>Miss Harley</b>
7.15-8.00pm Adults Experienced Tap <b>Miss Gemma</b>	7.15-8.00pm Mid Contemporary <b>Miss Harley</b>	7.15-8.00pm Solo/Duets Competition Practice (10 places at £5 each) <b>Miss Heidi</b>
	8.00-8.45 Adults Modern/Jazz <b>Miss Gemma</b>	



## Friday

Studio 1	Studio 3	Studio 4
9.45-10.30am Pre-School Ballet (Age 2-4 years) Miss Gemma	9.45-10.30am Adults Ballet Miss Heidi	
10.30-11.00am Pre-School Gymnastics (Age 2-4 years) Miss Gemma	10.30-11.00am Adults Stretch Miss Heidi	
	12.30-2.30pm ISTD Teacher Training - Modern Theatre Miss Natalie	
4.00pm-4.45pm Private Lesson Miss Gemma	4.15-4.45pm Senior Leaps, Turns & Kicks Miss Natalie	4.15-4.45pm Infant Musical Theatre (Reception, Yr 1 & 2) Miss Heidi
4.45-5.30pm Infant Street Miss Gemma	4.45-5.30pm Senior Contemporary Miss Natalie	4.45-5.30pm Solo/Duets Competition Practice (7 places at £5 each)
5.30-6.15pm ISTD Grade 5 Modern Miss Heidi	5.30-6.15pm ISTD Advanced 1 Modern Miss Natalie	5.30-6.15pm ISTD Grade 6 Modern Miss Gemma
6.15-7.00pm ISTD Grade 6 Tap Miss Heidi	6.15-7.00pm Advanced Contemporary (Inter, Ad 1 & 2 Level) Miss Natalie	6.15-7.00pm Progressing Ballet Technique Miss Gemma
7.00-7.45pm ISTD Grade 6 Ballet Miss Gemma	7.00-7.45pm Senior Leaps, Turns & Kicks (Inter, Ad 1 & 2 Modern Level) Miss Natalie	7.00-7.45pm ISTD Grade 5 Ballet Miss Heidi
7.45-8.30pm Solo/Duets Competition Practice (7 places at £5 each) Miss Gemma	7.45pm-8.30pm Senior Commercial (Age 12-16 years) Miss Natalie	7.45-8.30pm ISTD Intermediate Ballet Miss Heidi
	8.30-9.15pm Advanced Commercial (Age 14-20 years) Miss Natalie	

**Saturday**

Studio 1	Studio 3	Studio 4
	8.30-9.00am Adults Ballet Conditioning <b>Miss Heidi</b>	
Pre-School Ballet (Age 2-4 years) <b>Miss Gemma</b>	9.00-9.45am Adults Ballet Class <b>Miss Heidi</b>	9.00-9.45am ISTD Pre-primary Ballet - <b>FULL</b> <b>Miss Harley</b>
9.45-10.15am Pre-school Jazz (Age 2-4 years) <b>Miss Gemma</b>	9.45-10.15am ISTD Pre-Primary Tap (Reception upwards) <b>Miss Heidi</b>	9.45-10.15am ISTD Primary Tap <b>Miss Harley</b>
10.15-10.45am ISTD Primary Ballet <b>Miss Heidi</b>	10.15-10.45am Infant Street (Reception, year 1 & 2) <b>Miss Harley</b>	10.15-10.45am ISTD Standard 1 Ballet <b>Miss Gemma</b>
10.45-11.30am ISTD Grade 2 Tap <b>Miss Heidi</b>	10.45-11.30am Bronze & Silver Street (7-12 years) <b>Miss Harley</b>	10.45-11.30am ISTD Grade 1 Tap <b>Miss Gemma</b>
11.30-12.15pm ISTD Grade 2 Modern <b>Miss Harley</b>	11.30-12.00 Dance Tricks <b>Miss Heidi</b>	11.30-12.15pm ISTD Grade 1 Modern <b>Miss Gemma</b>
12.15-1.00pm ISTD Grade 2 Ballet <b>Miss Harley</b>	12.00-1.15pm Ballet Associates <b>Miss Heidi</b>	12.15-1.00pm ISTD Grade 1 Ballet <b>Miss Gemma</b>
1.00-1.45pm ISTD Grade 3 Modern <b>Miss Harley</b>	1.15-2.15pm Senior Professional Course Jazz Tech FREE Class <b>Miss Natalie</b>	1.00-1.45pm ISTD Grade 4 Ballet <b>Miss Gemma</b>
1.45-2.30pm ISTD Grade 3 Tap <b>Miss Heidi</b>		1.45-2.15pm Junior Musical Theatre <b>Miss Gemma</b>
2.30-3.00pm Commercial (age 9-13) <b>Miss Harley</b>	2.15-3.00pm Junior Leaps, Turns & Kicks <b>Miss Natalie</b>	2.15-3.00pm Pointe Work <b>Miss Heidi</b>
3.00-3.45pm ISTD Grade 4 Tap <b>Miss Gemma</b>	3.00-4.00pm Senior Comp Team Rehearsal <b>Miss Natalie</b>	3.00-3.45pm ISTD Grade 3 Ballet <b>Miss Heidi</b>
	4.00-4.45pm ISTD Intermediate Tap <b>Miss Harley</b>	

## Saturday

**Roxwell Memorial Hall, The St, Roxwell, Chelmsford, CM1 4PB**

9am - 9.45am	Mini Competition Team Rehearsal Age 7-9)	<b>Miss Natalie</b>
9.45am - 10.30am	Competition Team Solo Rehearsals	<b>Miss Natalie</b>
10.30am - 11.15am	Inter Competition Team Rehearsal (Age 10-14)	<b>Miss Natalie</b>
11.15am - 12pm	Competition Team solo Rehearsals	<b>Miss Natalie</b>

