

KRISTY ROSE

2026 TIMETABLE

MONDAY: STUDIO 1

2.30PM - 3.00PM - P.L - PRIVATE LESSON
3.00PM - 3.30PM - P.L - PRIVATE LESSON
3.30PM - 4.15PM - GRADE 2 BALLET
4.15PM - 5.00PM - GRADE 3 BALLET
5.00PM - 5.45PM - ADVANCED 1 BALLET
5.45PM - 6.30PM - ADVANCED 1 POINTE
6.30PM - 7.15PM - OPEN BALLET
7.15PM - 8.00PM - ADV CONDITIONING
8.00PM - 8.45PM - 18/O TROUPE

TUESDAY: STUDIO 1

3.00PM - 3.30PM - PRIVATE LESSON
3.30PM - 4.15PM - JUNIOR ACRO 2
4.15PM - 5.00PM - JUNIOR LYRICAL
5.00PM - 5.45PM - SENIOR CONTEMPORARY
5.45PM - 6.30PM - PRE-SENIOR ACRO
6.30PM - 7.15PM - ADVANCED TAP
7.15PM - 8.00PM - ADVANCED JAZZ
8.00PM - 8.45PM - ADV CONTEMPORARY

WEDNESDAY: STUDIO 1

9.00AM - 9.30AM - KINDY BALLET 1
9.30AM - 10.00AM - KINDY JAZZ 1
10.00AM - 10.30AM - KINDY ACRO 1
11.00AM - 12.00PM - ADVANCED 2 BALLET
3.30PM - 4.15PM - LEVEL 2 ACRO EXAM
4.15PM - 5.00PM - LEVEL 3 ACRO EXAM
5.00PM - 5.45PM - LEVEL 6 ACRO EXAM
5.45PM - 6.30PM - LEVEL 5 ACRO EXAM
6.30PM - 7.15PM - LEVEL 7 ACRO EXAM
7.15PM - 8.00PM - OPEN POINTE

THURSDAY: STUDIO 1

9.00AM - 9.30AM - KINDY BALLET 2
9.30AM - 10.00AM - KINDY JAZZ 2
10.00AM - 10.30AM - KINDY ACRO 2
4.15PM - 5.00PM - JUNIOR HIP HOP 1
5.00PM - 5.45PM - INTERMEDIATE HIP HOP
5.45PM - 6.30PM - PRE-SENIOR HIP HOP
6.30PM - 7.15PM - SENIOR JAZZ
7.15PM - 8.00PM - SENIOR HIP HOP
8.00PM - 8.45PM - ADVANCED LYRICAL

Friday - Studio 1, 2 & 3

Ascend Pre-Professional Dance
8.45am - 3.30pm

FRIDAY: STUDIO 1

3.30PM - 4.15PM - PRE-JUNIOR ACRO 2
4.15PM - 5.00PM - PRE-JUNIOR JAZZ 3
5.00PM - 5.45PM - JUNIOR JAZZ 2
5.45PM - 6.15PM - PRIVATE LESSON

SATURDAY: STUDIO 1

8.15AM - 8.45AM - PRIVATE LESSON
8.45AM - 9.15AM - PRIVATE LESSON
9.15AM - 9.45AM - PRIVATE LESSON
9.45AM - 10.30AM - SENIOR CONDITIONING
10.30AM - 11.15AM - 12/U TROUPE
11.15AM - 12.00PM - 14/U TROUPE
12.00PM - 12.30PM - PRIVATE LESSON
12.30PM - 1.00PM - PRIVATE LESSON
1.00PM - 1.30PM - PRIVATE LESSON
1.30PM - 2.00PM - PRIVATE LESSON
2.00PM - 2.30PM - PRIVATE LESSON
2.30PM - 3.00PM - PRIVATE LESSON

MONDAY: STUDIO 2

3.30PM - 4.15PM - GRADE 4 BALLET
4.15PM - 5.00PM - GRADE 5 BALLET
5.00PM - 5.45PM - INTERMEDIATE LYRICAL
5.45PM - 6.30PM - INTER CONTEMPORARY
6.30PM - 7.15PM - GRADE 6 BALLET
7.15PM - 8.00PM - INTERMEDIATE BALLET
8.00PM - 8.45PM - INTERMEDIATE POINTE

TUESDAY: STUDIO 2

3.30PM - 4.15PM - JUNIOR ACRO 1
4.15PM - 5.00PM - INTERMEDIATE ACRO
5.00PM - 5.45PM - PRE-SENIOR JAZZ
5.45PM - 6.30PM - SENIOR ACRO

WEDNESDAY: STUDIO 2

2.45PM - 3.30PM - ADVANCED 1 EXAM
3.30PM - 4.15PM - GRADE 2 BALLET EXAM
4.15PM - 5.00PM - GRADE 4 BALLET EXAM
5.00PM - 5.45PM - GRADE 5 BALLET EXAM
5.45PM - 6.30PM - GRADE 6 BALLET EXAM
6.30PM - 7.15PM - ADV FOUND BALLET
7.15PM - 8.00PM - ADV FOUND POINTE

THURSDAY: STUDIO 2

3.30PM - 4.15PM - PRE-JUNIOR ACRO 1
4.15PM - 5.00PM - INTERMEDIATE TAP
5.00PM - 5.45PM - SENIOR TAP
5.45PM - 6.30PM - SENIOR LYRICAL
6.30PM - 7.15PM - PRE-SENIOR LYRICAL

FRIDAY: STUDIO 2

3.30PM - 4.15PM - PRE-JUNIOR ACRO 3
4.15PM - 5.00PM - JUNIOR HIP HOP 2
5.00PM - 5.45PM - INTERMEDIATE JAZZ 2
5.45PM - 6.30PM - JUNIOR ACRO 3

SATURDAY: STUDIO 2

8.45AM - 9.15AM - PRIVATE LESSON
9.15AM - 9.45AM - PRIVATE LESSON
9.45AM - 10.30AM - INT CONDITIONING
10.30AM - 11.00AM - PRIVATE LESSON
11.00AM - 11.45AM - 10/U TROUPE
12.00PM - 12.30PM - PRIVATE LESSON
12.30PM - 1.00PM - PRIVATE LESSON
1.00PM - 1.30PM - PRIVATE LESSON
1.30PM - 2.00PM - PRIVATE LESSON
2.00PM - 2.30PM - PRIVATE LESSON
2.30PM - 3.00PM - PRIVATE LESSON

MONDAY: STUDIO 3

3.30PM - 4.15PM - PRE-PRIMARY BALLET
4.15PM - 5.00PM - PRE-JUNIOR LYRICAL
5.00PM - 5.45PM - PRIMARY BALLET
5.45PM - 6.30PM - GRADE 1 BALLET

TUESDAY: STUDIO 3

3.30PM - 4.15PM - PRE-JUNIOR JAZZ 1
4.15PM - 5.00PM - PRE-JUNIOR TAP
5.00PM - 5.45PM - JUNIOR TAP
5.45PM - 6.30PM - JUN CONTEMPORARY

WEDNESDAY: STUDIO 3

3.30PM - 4.15PM - PRIMARY / LEVEL 1 ACRO EXAM
4.15PM - 5.00PM - GRADE 1 BALLET EXAM
5.00PM - 5.45PM - GRADE 3 BALLET EXAM
5.45PM - 6.30PM - LEVEL 4 ACRO EXAM

THURSDAY: STUDIO 3

4.15PM - 5.00PM - PRE-JUNIOR JAZZ 2
5.00PM - 5.45PM - JUNIOR JAZZ 1
5.45PM - 6.30PM - INTERMEDIATE JAZZ 1
6.30PM - 7.00PM - P.L - PRIVATE LESSON
7.15PM - 8.00PM - PRE-SENIOR CONTEMP

FRIDAY: STUDIO 3

3.30PM - 4.00PM - PRIVATE LESSON
4.00PM - 4.30PM - PRIVATE LESSON

SATURDAY: STUDIO 3

8.45AM - 9.15AM - PRIVATE LESSON
9.15AM - 9.45AM - PRIVATE LESSON
9.45AM - 10.30AM - JUNIOR CONDITIONING
10.30AM - 11.00AM - PRIVATE LESSON
11.00AM - 11.45AM - 8/U TROUPE
12.00PM - 12.30PM - PRIVATE LESSON
12.30PM - 1.00PM - PRIVATE LESSON
1.00PM - 1.30PM - PRIVATE LESSON
1.30PM - 2.00PM - PRIVATE LESSON
2.00PM - 2.30PM - PRIVATE LESSON

MONDAY: STUDY AREA

3.30PM - 4.30PM - CERTIFICATE III IN ASSISTANT DANCE TEACHING
4.30PM - 5.30PM - CERTIFICATE I IN DANCE
5.30PM - 6.30PM - CERTIFICATE IV IN DANCE TEACHING AND MANAGEMENT

Free class trials available

RAD Ballet • Contemporary • Acrobatic Arts • Jazz • Hip Hop • Lyrical • Tap
Conditioning • Certificate Courses • Ascend Pre-Professional Dance Program
Enquiries: info@kristyrose.com.au

