

Winter 18/19

In Studio Winter Term: January 6 – April 6, 2019

| Monday | Class | Instructor |
|---------------------|--|-------------------|
| 11:15 am – 12:45 pm | Beginner Ballet Level I | Kate Kernaghan |
| 12:45 pm – 1:30 pm | Length, Stretch, Relax | Kate Kernaghan |
| 5:45 pm – 6:45 pm | Fletcher Fusion™ Pilates | Kate Kernaghan |
| 7:00 pm – 8:00 pm | DanceFit Barre | Kate Kernaghan |
| 7:00 pm – 8:15 pm | Beginner Jazz | Alayna Kellett |
| 7:00 pm – 8:30 pm | Elementary Ballet Level II | Giorgio Galli |
| 7:00 pm – 8:30 pm | Introduction to Ballet Level I Workshop | Candice Helm |
| Tuesday | | |
| 11:30 am – 1:00 pm | Introduction to Ballet Level I Workshop | Kate Kernaghan |
| 1:00 pm – 1:30 pm | Length, Stretch, Relax | Kate Kernaghan |
| 6:00 pm – 7:00 pm | DanceFit Barre | Kate Kernaghan |
| 7:00 pm – 8:00 pm | Intermediate Ballet | Tatiana Tchernova |
| 7:00 pm – 8:30 pm | Introduction to Ballet Level III | Johanna Bergfeldt |
| 7:00 pm – 8:30 pm | Beginner Ballet Level II | Anna Elena |
| 7:00 pm – 8:30 pm | Intermediate Ballet | Tatiana Tchernova |
| 7:15 pm – 8:45 pm | Elementary Ballet Level I | Kate Kernaghan |
| 8:45 pm – 9:15 pm | Elementary/Intermediate Pointe* | Tatiana Tchernova |
| 8:45 pm – 9:15 pm | Beginner/Elementary Pointe* | Kate Kernaghan |
| Wednesday | | |
| 11:00 am – 12:30 pm | Elementary Ballet Level I | Kate Kernaghan |
| 12:30 pm – 1:00 pm | Beginner/Elementary Pointe* | Kate Kernaghan |
| 5:45 pm – 6:45 pm | Fletcher Fusion™ Pilates | Kate Kernaghan |
| 7:00 pm – 8:00 pm | DanceFit Barre | Kate Kernaghan |
| 7:00 pm – 8:30 pm | Beginner Ballet Level I | Sarah Koekkoek |
| 7:00 pm – 8:30 pm | Intermediate Contemporary | Jarrett Siddall |
| 7:00 pm – 8:30 pm | Introduction to Ballet Level II Workshop | Annemarie Cabri |
| Thursday | | |
| 6:00 pm – 6:45 pm | Floor Barre | Wendy Holt |
| 7:00 pm – 8:00 pm | DanceFit Barre | Rachelle Ganesh |
| 7:00 pm – 8:30 pm | Intermediate Ballet | Tatiana Tchernova |
| 7:00 pm – 8:30 pm | Beginner Ballet Level II | Wendy Holt |
| 7:00 pm – 8:30 pm | Elementary Ballet Level I | Sarah Koekkoek |
| 8:00 pm – 8:45 pm | Length, Stretch, Relax | Rachelle Ganesh |
| 8:45 pm – 9:15 pm | Elementary/Intermediate Pointe* | Tatiana Tchernova |
| 8:45 pm – 9:15 pm | Beginner Pointe* | Wendy Holt |
| Friday | | |
| 9:45 am – 10:45 am | Studio 55+ Ballet Workshop | Annemarie Cabri |
| 7:00 pm – 8:30 pm | Technique Workshop | Eric Hall |
| Saturday | | |
| 9:30 am – 10:30 am | DanceFit Barre | Kate Kernaghan |
| 10:00 am – 11:30 am | Intermediate and Advanced Ballet | Tatiana Tchernova |
| 10:00 am – 11:30 am | Beginner Ballet Level I | Anna Elena |
| 10:00 am – 11:30 am | Elementary Ballet Level II | Giorgio Galli |
| 10:30 am – 11:30 am | Fletcher Fusion™ Pilates | Kate Kernaghan |
| 11:30 am – 1:00 pm | Intermediate Contemporary | Johanna Bergfeldt |
| 11:45 am – 1:15 pm | Beginner Ballet Level II | Kate Kernaghan |
| 11:45 am – 1:15 pm | Introduction to Ballet Level II Workshop | Anna Elena |
| 1:15 pm – 2:00 pm | Introduction to Pointe Level III Workshop* | Kate Kernaghan |
| 1:15 pm – 2:45 pm | Elementary Contemporary | Johanna Bergfeldt |
| 1:30 pm – 2:00 pm | Beginner Pointe* | Anna Elena |
| 2:00 pm – 3:15 pm | Classical Repertoire Workshop | Eric Hall |
| Sunday | | |
| 10:00 am – 11:30 am | Introduction to Ballet Level III | Katya Robledo |
| 10:15 am – 11:15 am | Essentrics | Nancy MacLeod |
| 11:45 am – 1:15 pm | Beginner Ballet Level I | Sarah Koekkoek |
| 11:45 am – 1:15 pm | Beginner Ballet Level II | Katya Robledo |
| 1:15 pm – 1:45 pm | Beginner Pointe* | Sarah Koekkoek |

*Participants attending pointe or stretch class must attend a class beforehand to be warmed up.