

Mon 22-Oct-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	Dance		SY
16.10-17.00	1	Specific physical conditioning	RC
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10-19.00	2B	Specific physical conditioning	SY
19.30-21.00	Street Jazz	Private Booking	SS
21.55-22.55	NSSA	Specific physical conditioning	

THUR 25-Oct-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC
19.30-20.30	NSSA		

Tue 23-Oct-18

Time	Group	Activity	
6.55-7.55	3	Specific physical conditioning	SY
16.10-17.10	1	Specific physical conditioning	TC
17.20-18.00	2A	Specific physical conditioning	TC
17.00-17.50	2B	Specific physical conditioning	CP
18.00-18.45	NSSA		

FRI 26-Oct-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	NC
16.10-17.10	1/Dance	DANCE	KS
17.20-18.10	2A/Dance	DANCE	KS

Wed 24-Oct-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-7.45	1	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	SY/JB
17.30-18.15	4	Specific physical conditioning	LK
18.15-19.00	NSSA	Specific physical conditioning	

3.10.18

SAT 27-Oct-18

Time	Group	Activity	COACH
6.00-6.50	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.40-8.40	4	Specific physical conditioning	SS
8.50-9.50	1 & 2A	Specific physical conditioning	JI
10.15-15.15	NSSA	Specific physical conditioning	

SUN 28-Oct-18

Time	Group	Activity	
8.15-9.15	Dance	DANCE	HK
9.30-10.15	Jnr. Academy	Specific physical conditioning	SY/TK

Mon 29-Oct-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.10-8.00	Dance		SY
16.10-17.00	1	Specific physical conditioning	
17.10 - 18.00	2A	Specific physical conditioning	
18.10-19.00	2B	Specific physical conditioning	
19.30-21.00	Street Jazz	Private Booking	SS
21.55-22.55	NSSA	Specific physical conditioning	

Tue 30-Oct-18

Time	Group	Activity	
6.55-7.55	3	Specific physical conditioning	
16.10-17.10	1	Specific physical conditioning	
17.10-18.00	2A	Specific physical conditioning	
18.00-18.50	2B	Specific physical conditioning	
19.15-22.15	NSSA		

Wed 31-Oct-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	SR
7.00-7.45	1	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	RW/SY
17.30-18.15	4	Specific physical conditioning	LK
18.15-19.00	NSSA	Specific physical conditioning	
21.00-22.00	NSSA	Specific physical conditioning	

3.10.18

THUR 01-Nov-18

Time	Group	ACTIVITY	COACH
6.00-6.45	2B/3	DANCE	HK
7.00-8.00	4	DANCE	HK
17.10-18.10	2A	Specific physical conditioning	

FRI 02-Nov-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	
16.10-17.10	1/Dance	DANCE	KS
17.10-18.10	2A/Dance	DANCE	KS

SAT 03-Nov-18

Time	Group	Activity	COACH
6.00-6.50	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.40-8.40	4	Specific physical conditioning	
8.50-9.50	1 & 2A	Specific physical conditioning	
10.15-15.15	NSSA	Specific physical conditioning	

SUN 04-Nov-18

Time	Group	Activity	
8.15-9.15	Dance	DANCE	HK
9.30-10.15	Jnr. Academy	Specific physical conditioning	SY/RW