

Mon 14-Jan-19

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	RS
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10-19.00	2B	Specific physical conditioning	SY
19.00-21.00	Street Jazz	Private Booking	SS

Tue 15-Jan-19

Time	Group	Activity	Coach
6.55-7.55	3	Specific physical conditioning	SY
16.10-17.10	1	Specific physical conditioning	SY
17.20-18.00	2A	Specific physical conditioning	SY
17.00-18.00	2B	Specific physical conditioning	CP
18.15-21.15	NSSA		JC

Wed 16-Jan-19

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

17.1.19

THUR 17-Jan-19

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC
20.20-21.20	NSSA	Specific physical conditioning	EM

FRI 18-Jan-19

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

SAT 19-Jan-19

Time	Group	Activity	COACH
6.00-6.50	3	Specific physical conditioning	HK
6.50-7.40	2B	Specific physical conditioning	HK
7.40-8.40	4	Specific physical conditioning	RW
8.50-9.40	1 & 2A	Specific physical conditioning	CP
9.45-18.45		BSSC 2019	

SUN 20-Jan-19

Time	Group	Activity	Coach
8.15-9.15	Dance	DANCE	HK
9.30-10.15	Jnr. Academy	Specific physical conditioning	SY/RW
10.15-18.00		BSSC 2019	

Mon 21-Jan-19

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
19.00-21.00	Street Jazz	Private Booking	SS
21.50-22.50	NSSA	Specific physical conditioning	EP/JB

Tue 22-Jan-19

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

Wed 23-Jan-19

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

17.1.19

THUR 24-Jan-19

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
14.00-15.00	GBST	Specific physical conditioning	PW
16.10-17.10	1	Specific physical conditioning	RC
17.10-18.10	2A	Specific physical conditioning	RC

FRI 25-Jan-19

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

SAT 26-Jan-19

Time	Group	Activity	COACH
7.10-8.00	2B & 3	DANCE	HK/RW
8.00-9.00	4	Specific physical conditioning	RW
9.10-10.00	1 & 2A	Specific physical conditioning	CP
10.00-16.00	NSSA	Specific physical conditioning	JC

SUN 27-Jan-19

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

Mon 28-Jan-19

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	HK
7.10-8.00	4	BALLET	HK
7.10-8.00	Dance		SY
16.10-17.00	1	Specific physical conditioning	RS
17.10 - 18.00	2A	Specific physical conditioning	JS
18.10-19.00	2B	Specific physical conditioning	
19.00-21.00	Street Jazz	Private Booking	SS
21.50-22.50	NSSA	Specific physical conditioning	EP/JB

Tue 29-Jan-19

Time	Group	Activity	Coach
6.55-7.55	3	Specific physical conditioning	SY
16.10-17.10	1	Specific physical conditioning	SY
17.10-18.00	2A	Specific physical conditioning	SY
18.00-18.50	2B	Specific physical conditioning	
19.00-21.15	NSSA		KW

Wed 30-Jan-19

Time	Group	Activity	Coach
5.50-6.40	2A	BALLET	HK
7.00-7.45	1/Dance	BALLET	HK
16.45-17.30	Jnr. Academy	Specific physical conditioning	SY/RW
17.30-18.15	4	Specific physical conditioning	LK
18.15-21.45	NSSA	Specific physical conditioning	LK

10.1.19

THUR 31-Jan-19

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	
17.10-18.10	2A	Specific physical conditioning	
18.15-20.15	NSSA		LK

FRI 01-Feb-19

Time	Group	Activity	Coach
7.00-8.00	3	Specific physical conditioning	NC
16.10-16.55	1/Dance	Specific physical conditioning	SY
16.55-17.40	2A/Dance	Specific physical conditioning	SY

SAT 02-Feb-19

Time	Group	Activity	COACH
7.10-8.00	2B & 3	DANCE	HK
8.00-9.00	4	Specific physical conditioning	
9.10-10.00	1 & 2A	Specific physical conditioning	

SUN 03-Feb-19

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

Mon 04-Feb-19

Time	Group	Activity	Coach
06.45-07.45	Ice Dance	Ballet/Dance	SR
07.25-08.10	Level 4-7	Theory Class	RC
17.00-17.45	All levels	SPIN SIMULATION&FLEXIBILITY	SY
17.55-18.50	Level 8+	Specific physical conditioning	SY
19.00-21.00	Street Jazz	Private Booking	SS
21.50-22.50	NSSA		

Tue 05-Feb-19

Time	Group	Activity	Coach
6.00-6.50	L6+	SPEC.JUMPS/ROTATION CLASS	TC
07.00-08.00	Up to Level 3	Specific physical conditioning	LK
17.05-17.55	Level 4-7	Specific physical conditioning	SY
17.55-18.50	Level 8+	Specific physical conditioning	
19.00-21.15	NSSA		

Wed 06-Feb-19

Time	Group	Activity	Coach
06.45-07.30	Level 4-7	Specific physical conditioning	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.10-18.10	Ice Dance	Theory Class	
18.00-19.00	Skills Academy	Specific physical conditioning	
19.00-21.45	NSSA		

15.1.19.

THUR 07-Feb-19

Time	Group	ACTIVITY	COACH
6.00-7.00	Level 4-7	Ballet/Dance	SR
7.10-8.00	Level 8+	Ballet/Dance	SR
16.00-16.50	Up to Level 3	Specific physical conditioning	
20.15-21.15	NSSA		

FRI 08-Feb-19

Time	Group	Activity	Coach
06.00-07.00	Level 8+	Specific physical conditioning	
7.10-8.00	Level 4-7	Specific physical conditioning	
17.20-18.10	Level 8+	Theory Class	

SAT 09-Feb-19

Time	Group	Activity	COACH
7.40-8.40	Ice Dance	Specific physical conditioning	SY
8.40-9.40	Skills Academy	Specific physical conditioning	

SUN 10-Feb-19

Time	Group	Activity	Coach
8.15-9.15	Up to Level 3	Specific physical conditioning	HK
9.15-10.00	Jnr. Academy	Specific physical conditioning	

Mon 11-Feb-19

Time	Group	Activity	Coach
06.45-07.45	Ice Dance	Ballet/Dance	
17.55-18.50 19.00-21.00 21.50-22.50	Level 8+ Street Jazz NSSA	Specific physical conditioning Private Booking	SS

Tue 12-Feb-19

Time	Group	Activity	
07.00-08.00	Up to Level 3	Specific physical conditioning	
17.05-17.55 17.55-18.50 19.00-22.00	Level 4-7 Level 8+ NSSA	Specific physical conditioning Specific physical conditioning	

Wed 13-Feb-19

Time	Group	Activity	
06.45-07.30	Level 4-7	Specific physical conditioning	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.10-18.10	Dance	Theory Class	
18.00-19.00 19.45-20.45	Skills Academy NSSA	Specific physical conditioning	

14.1.19

THUR 14-Feb-19

Time	Group	ACTIVITY	COACH
6.00-7.00 7.10-8.00	Level 4-7 Level 8+	Ballet/Dance Ballet/Dance	
16.00-16.50	Up to Level 3	Specific physical conditioning	

FRI 15-Feb-19

Time	Group	Activity	
06.00-07.00 7.10-8.00	Level 8+ Level 4-7	Specific physical conditioning Specific physical conditioning	
17.20-18.10	Level 8+	Theory Class	

SAT 16-Feb-19

Time	Group	Activity	COACH
7.40-8.40 8.40-9.40	Ice Dance Skills Academy	Specific physical conditioning Specific physical conditioning	
10.00-16.00	NSSA		

SUN 17-Feb-19

Time	Group	Activity	
8.15-9.15 9.15-10.00	Up to Level 3 Jnr. Academy	Specific physical conditioning Specific physical conditioning	

Mon 18-Feb-19

Time	Group	Activity	Coach
06.45-07.45	Dance	Specific physical conditioning	
07.25-08.10	Level 4-7	Theory Class	
17.55-18.50	Level 8+	Specific physical conditioning	
19.00-21.00 21.50-22.50	Street Jazz NSSA	Private Booking	

THUR 21-Feb-19

Time	Group	ACTIVITY	COACH
6.00-7.00	Level 4-7	Specific physical conditioning	
7.10-8.00	Level 8+	Specific physical conditioning	
16.00-16.50	Up to Level 3	Specific physical conditioning	

Tue 19-Feb-19

Time	Group	Activity	
07.00-08.00	Up to Level 3	Specific physical conditioning	
17.05-17.55	Level 4-7	Specific physical conditioning	
17.55-18.50	Level 8+	Specific physical conditioning	
19.00-21.30	NSSA		

FRI 22-Feb-19

Time	Group	Activity	
06.00-07.00	Level 8+	Specific physical conditioning	
7.10-8.00	Level 4-7	Specific physical conditioning	
17.20-18.10	Level 8+	Theory Class	

Wed 20-Feb-19

Time	Group	Activity	
06.45-07.30	Level 4-7	Specific physical conditioning	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.10-18.10	Dance	Theory Class	
18.00-19.00	Skills Academy	Specific physical conditioning	
19.45-20.45	NSSA		

14.1.19

SAT 23-Feb-19

Time	Group	Activity	COACH
7.40-8.40	Dance	Specific physical conditioning	
8.40-9.40	Skills Academy	Specific physical conditioning	
11.15-12.15	NSSA		
14.45-15.30	NSSA		

SUN 24-Feb-19

Time	Group	Activity	
8.15-9.15	Up to Level 3	Specific physical conditioning	
9.15-10.00	Jnr. Academy	Specific physical conditioning	

Mon 25-Feb-19

Time	Group	Activity	Coach
06.45-07.45	Dance	Specific physical conditioning	
17.55-18.50 19.00-21.00 21.50-22.50	Level 8+ Street Jazz NSSA	Specific physical conditioning Private Booking	SS

Tue 26-Feb-19

Time	Group	Activity	
07.00-08.00	Up to Level 3	Specific physical conditioning	
17.05-17.55 17.55-18.50 19.00-21.15	Level 4-7 Level 8+ NSSA	Specific physical conditioning Specific physical conditioning	

Wed 27-Feb-19

Time	Group	Activity	
06.45-07.30	Level 4-7	Specific physical conditioning	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.10-18.10	Dance	Theory Class	
18.00-19.00	Skills Academy	Specific physical conditioning	

14.1.19

THUR 28-Feb-19

Time	Group	ACTIVITY	COACH
6.00-7.00 7.10-8.00	Level 4-7 Level 8+	Specific physical conditioning Specific physical conditioning	
16.00-16.50	Up to Level 3	Specific physical conditioning	

FRI 01-Mar-19

Time	Group	Activity	
06.00-07.00 7.10-8.00	Level 8+ Level 4-7	Specific physical conditioning Specific physical conditioning	
17.20-18.10	Level 8+	Theory Class	

SAT 02-Mar-19

Time	Group	Activity	COACH
7.40-8.40 8.40-9.40	Dance Skills Academy	Specific physical conditioning Specific physical conditioning	

SUN 03-Mar-19

Time	Group	Activity	
8.15-9.15 9.15-10.00	Up to Level 3 Jnr. Academy	Specific physical conditioning Specific physical conditioning	