



TRILOGY ACADEMY OF DANCE & BATON TWIRLING 2023-2024 CLASS SCHEDULE

	STUDIO GOLD (Front)			STUDIO DIAMOND (Back)			LAKEVIEW CHURCH GYM		
	Class Time	Length	Class	Class Time	Length	Class	Class Time	Length	Class
MONDAY	4:00-4:45	45 mins	PRE-TEEN - Competitive Jazz (1 of 2)	4:00-5:00	1 hour	TEEN - Competitive Ballet (1 of 3)			
	4:45-6:00	1.25 hours	PRE-TEEN - Competitive Baton Twirling (1 of 2)	5:15-6:00	45 mins	TEEN - Competitive Ballet (2 of 3)			
	6:00-6:50	50 mins	JUNIOR - Acro	6:00-6:50	50 mins	PRE-TEEN - Competitive Contemporary			
	6:50-8:05	1.25 hours	TEEN/SENIOR - Competitive Baton Twirling (1 of 2)	6:50-7:50	1 hour	JUNIOR - Competitive Ballet (1 of 2)			
	8:05-9:05	1 hour	SENIOR - Competitive Ballet (1 of 3)	7:50-8:35	45 mins	JUNIOR - Competitive Contemporary			
	9:05-10:05	1 hour	SENIOR - Competitive Tap (1 of 2)	8:35-9:15	40 mins	ADULT - Baton Twirling			
			9:15-10:00	45 mins	ADULT - Ballet				
TUESDAY	4:00-5:00	1 hour	PRE-TEEN - Competitive Tap (1 of 2)	4:00-4:45	45 mins	JUNIOR - Competitive Jazz (1 of 2)			
	5:00-6:00	1 hour	PRE-TEEN - Competitive Jazz (2 of 2)	4:45-5:45	1 hour	JUNIOR - Competitive Hip Hop			
	6:00-7:00	1 hour	JUNIOR - Competitive Tap (1 of 2)	6:00-7:00	1 hour	PRE-TEEN - Competitive Tap (2 of 2)			
	7:00-7:45	45 mins	JUNIOR - Competitive Tap (2 of 2)	7:00-8:00	1 hour	TEEN/SENIOR - Competitive Jazz (1 of 2)			
	8:00-9:00	1 hour	SENIOR - Competitive Tap (2 of 2)	8:00-9:00	1 hour	PRE-TEEN - Competitive Hip Hop			
	9:00-10:00	1 hour	TEEN/SENIOR - Competitive Hip Hop	9:00-9:45	45 mins	ADULT - Back to Dance/Baton Classes (Sessional)			
WEDNESDAY	4:00-5:00	1 hour	PRE-TEEN - Competitive Ballet (1 of 2)	4:00-5:00	1 hour	TEEN - Competitive Tap (1 of 2)			
	5:00-5:45	45 mins	SENIOR - Competitive Ballet (2 of 3)	5:00-6:00	1 hour	TEEN - Competitive Tap (2 of 2)	4:15-5:30	1.25 hours	JUNIOR - Competitive Baton Twirling (1 of 2)
	5:45-6:15	30 mins	Pre-Competitive Tap - Age 5-6	6:00-7:00	1 hour	MINI - Competitive Tap	5:30-6:45	1.25 hours	PRE-TEEN - Competitive Baton Twirling
	6:15-6:45	30 mins	Pre-Competitive Hip Hop - Age 5-6	7:00-7:45	45 mins	MINI - Competitive Hip Hop	6:45-7:45	1 hour	PRE-TEEN/TEEN/SENIOR - Competitive Baton
	6:45-7:30	45 mins	JUNIOR-Performance Classes (Sessional)	8:00-8:45	45 mins	ADULT - Tap	7:45-9:00	1.25 hours	TEEN/SENIOR - Competitive Baton Twirling
	7:30-8:15	45 mins	TEEN - Performance Classes (Sessional)	8:45-9:30	45 mins	ADULT - Hip Hop			
	8:15-9:15	1 hour	Trilogy X Refine Cross Training						
THURSDAY	4:00-5:00	1 hour	JUNIOR - Competitive Baton Twirling (2 of 2)	4:00-5:00	1 hour	MINI - Competitive Jazz			
	5:00-6:00	1 hour	JUNIOR - Competitive Jazz (2 of 2)	5:00-5:45	45 mins	MINI - Competitive Ballet (1 of 2)			
	6:00-6:50	50 mins	TEEN/SENIOR - Competitive Contemporary	6:00-6:45	45 mins	JUNIOR - Competitive Ballet (2 of 2)			
	6:50-7:50	1 hour	PRE-TEEN/TEEN - Acro	6:45-8:00	1.25 hours	SENIOR - Competitive Ballet (3 of 3)			
	8:00-9:00	1 hour	TEEN/SENIOR - Competitive Jazz (2 of 2)	8:00-9:00	1 hour	PRE-TEEN - Competitive Ballet (2 of 2)			
	9:00-10:00	1 hour	SENIOR - Acro	9:00-10:00	1 hour	TEEN - Competitive Ballet (3 of 3)			
FRIDAY	4:00-5:00	1 hour	Trilogy X Refine Cross Training						
SATURDAY	9:10-9:50	40 mins	Tiny Trilogy Tots - Age 2-3	9:00-9:45	45 mins	Pre-Competitive Tumble & Twirl - Age 5-6			
	9:55-10:25	30 mins	Pre-Competitive Jazz - Age 5-6	9:45-10:30	45 mins	Advanced Trilogy Tots - Age 4			
	10:30-11:00	30 mins	Pre-Competitive Ballet - Age 5-6	10:30-11:00	30 mins	Advanced Tots Tumble & Twirl - Age 4-5			
	11:00-11:45	45 mins	MINI - Competitive Ballet (2 of 2)	11:00-11:45	45 mins	Advanced Trilogy Tots- Age 5			
	11:45-12:15	30 mins	Tiniest Tots (Sessional)- parented	11:45-12:30	45 mins	MINI - Acro			
	1:00-1:45	45 mins	"Trending" Ages 13+- Hip Hop (Sessional)	12:30-1:30	1 hour	MINI - Baton Twirling Competitive			
				1:30-2:15	45 mins	MINI/JUNIOR- Competitive Musical Theatre			
				2:15-3:00	45 mins	PRE-TEEN - Competitive Musical Theatre			
			3:00-4:00	1 hour	SENIOR Triple Threat- Competitive Musical Theatre				