

# Excel Dance Company - Monday

Studio 1		Studio 2		Practice Studio	
		2.30 - 3.00pm <b>Twinkle Toes Ballet</b> (3 - 4 Years)	<i>First introduction to classical ballet.</i> £5.00		
		3.00 - 3.30pm <b>Prep Ballet (P1 &amp; P2)</b>	<i>BTDA Classical Ballet syllabus.</i> £5.00		
3.30 - 4.00pm <b>Prep Acro</b>	<i>ABD Acrobatic Syllabus.</i> £5.00	3.30 - 4.00pm <b>Primary Ballet (P3 &amp; P4)</b>	<i>BTDA Classical Ballet syllabus.</i> £5.00		
4.00 - 4.30pm <b>Body Conditioning &amp; Jazz Technique (P1 &amp; P2)</b>	<i>Jazz kicks, leaps and turns with a focus on strength and flexibility.</i> £4.00	4.00 - 4.30pm <b>Lyrical (P3 &amp; P4)</b>	<i>BTDA Lyrical syllabus.</i> £5.00		
4.30 - 5.00pm <b>Primary Acro</b>	<i>ABD Acrobatic Syllabus.</i> £5.00	4.30 - 5.00pm <b>Grade 1 Ballet</b>	<i>BTDA Classical Ballet syllabus.</i> £5.00		
5.00 - 5.30pm <b>Body Conditioning &amp; Jazz Technique (P3 &amp; P4)</b>	<i>Jazz kicks, leaps and turns with a focus on strength and flexibility.</i> £4.00	5.00 - 6.00pm <b>Grade 3 Tap &amp; Modern</b>	<i>BTDA Tap &amp; Modern Jazz syllabus.</i> £7.00		
5.30 - 6.15pm <b>Grade 2 Acro</b>	<i>ABD Acrobatic Syllabus.</i> £6.00	6.00 - 7.00pm <b>Grade 5 Tap &amp; Modern</b>	<i>BTDA Tap &amp; Modern Jazz syllabus.</i> £7.00	6.00 - 6.30pm <b>Adults Special Needs Dance Class</b>	£4.00
6.15 - 7.00pm <b>Body Conditioning &amp; Jazz Technique (P5 - P7)</b>	<i>Jazz kicks, leaps and turns with a focus on strength and flexibility.</i> £5.00	7.00 - 7.45pm <b>Grade 5 Ballet</b>	<i>ABD Classical Ballet syllabus.</i> £6.00		
7.00 - 7.45pm <b>Grade 3 Acro</b>	<i>ABD Acrobatic Syllabus.</i> £6.00	7.45 - 8.30pm <b>Grade 6 Ballet</b>	<i>ABD Classical Ballet syllabus &amp; BTDA Lyrical syllabus.</i> £6.00		
7.45 - 8.30pm <b>Body Conditioning &amp; Jazz Technique (Year 8 - Year 10)</b>	<i>Jazz kicks, leaps and turns with a focus on strength and flexibility.</i> £5.00	8.30 - 9.15pm <b>Inter Competition Troupe Rehearsals</b>	<i>Invitation only</i>		
8.30 - 9.15pm <b>Body Conditioning &amp; Jazz Technique (Year 11+)</b>	<i>Jazz kicks, leaps and turns with a focus on strength and flexibility.</i> £5.00				

# Excel Dance Company - Tuesday

Studio 1		Studio 2		Practice Studio	
2.30 - 3.00pm <b>Toddler Modern &amp; Ballet</b> (15 months - 3 years)	<i>First movement to music. Parent assistance required. £4.50</i>				
3.15 - 3.45pm <b>Twinkle Toes Ballet</b> (3 & 4 Years)	<i>First introduction to classical ballet. £5.00</i>				
4.00 - 4.30pm <b>Prep Ballet (P1 &amp; P2)</b>	<i>BTDA Classical Ballet syllabus. £5.00</i>	3.45 - 4.15pm <b>Stage Stars Performing Arts</b> (Nursery, P1 & P2)	<i>First introduction to singing, dancing and acting for the stage. £5.00</i>		
4.45 - 5.30pm <b>Grade 3 Ballet</b>	<i>ABD Classical Ballet syllabus. £6.00</i>	4.15 - 4.45pm <b>Grade 1 Acro</b>	<i>ABC Acrobatic syllabus. £5.00</i>		
5.30 - 6.00pm <b>Lyrical (P5 - P7)</b>	<i>BTDA Lyrical syllabus. £5.00</i>	4.45 - 5.15pm <b>Grade 1 Contemporary</b>	<i>ABD Contemporary syllabus. £5.00</i>		
6.00 - 6.45pm <b>Grade 7 Modern</b>	<i>BTDA Modern Jazz syllabus. £6.00</i>	5.15 - 6.00pm <b>Grade 4 Contemporary</b>	<i>ABD Contemporary syllabus. £6.00</i>		
6.45 - 7.15pm <b>Grade 6 Tap</b>	<i>BTDA Tap syllabus. £5.00</i>	6.00 - 6.45pm <b>Grade 2 Contemporary</b>	<i>ABD Contemporary syllabus. £6.00</i>	6.00 - 6.45pm <b>Grade 1 Performing Arts</b>	<i>BTDA Musical Theatre Syllabus. £6.00</i>
7.15- 7.45pm <b>Senior Fitness</b>	<i>High intensity dance fitness class. Compulsory for senior competition</i>	6.45 - 7.30pm <b>Grade 3 Performing Arts</b>	<i>BTDA Musical Theatre Syllabus. £6.00</i>	6.15 - 6.45pm <b>Children's Special Needs Dance Class</b>	<i>£4.00</i>
7.45 - 8.45pm <b>Senior Competition Troupe Rehearsal</b>	<i>Invitation only</i>	7.30 - 8.15pm <b>Grade 3 Contemporary</b>	<i>ABD Contemporary syllabus. £6.00</i>	6.45 - 7.15pm <b>Grade 6 Performing Arts</b>	<i>BTDA Musical Theatre Syllabus. £5.00</i>
8.45 - 9.15pm <b>Grade 8 Tap &amp; Modern</b>	<i>BTDA Modern Jazz &amp; Tap syllabus. £5.00</i>				

# Excel Dance Company - Wednesday

Studio 1		Studio 2		Practice Studio	
2.30 - 3.00pm <b>Toddler Modern &amp; Ballet</b> (15 months - 3 years)	<i>First movement to music. Parent assistance required. £4.50</i>				
3.30 - 4.00pm <b>Funky Feet</b> (Nursery, P1 & P2)	<i>Fun dance class covering tap, modern jazz and ballet. £5.00</i>				
4.00 - 4.30pm <b>Hiphop</b> (Nursery, P1 & P2)	<i>Hiphop, Street Dance and Commercial styles. £4.00</i>				
4.30 - 5.00pm <b>Hiphop</b> (P3 & P4)	<i>Hiphop, Street Dance and Commercial styles. £4.00</i>	4.15 - 5.00pm <b>Grade 2 Performing Arts</b>	<i>BTDA Musical Theatre syllabus. £6.00</i>		
5.00 - 5.45pm <b>Grade 2 Tap &amp; Modern</b>	<i>BTDA Tap &amp; Modern Jazz syllabus. £6.00</i>	5.00 - 5.45pm <b>Acrotrix (P3 &amp; P4)</b>	<i>Acrotrix syllabus covering fold, floor and flight acro work. £5.00</i>		
5.45 - 6.15pm <b>Hiphop</b> (P5 - P7)	<i>Hiphop, Street Dance and Commercial styles. £4.00</i>	5.45 - 6.30pm <b>Grade 4 Performing Arts</b>	<i>BTDA Musical Theatre syllabus. £6.00</i>		
6.15 - 7.15pm <b>Junior Competition Troupe Rehearsals</b>	<i>Invitation only</i>	6.30 - 7.15pm <b>Hiphop</b> (Year 8+)	<i>Hiphop, Street Dance and Commercial styles. £5.00</i>		
7.15 - 8.00pm <b>Grade 4 Ballet</b>	<i>ABD Classical Ballet syllabus. £6.00</i>	7.15 - 8.00pm <b>Acrotrix (P5 - P7)</b>	<i>Acrotrix syllabus covering fold, floor and flight acro work. £5.00</i>	7.30 - 8.30pm <b>Adult Modern Fit Dance</b>	<i>Adult dance class for 16 years and over. All abilities welcome. £5.00</i>
8.00 - 8.45pm <b>Lyrical</b> (Year 8 - Year 10)	<i>BTDA Lyrical syllabus. £6.00</i>				



# Excel Dance Company - Friday

Studio 1		Studio 2		Practice Studio
9.30 - 10.00am <b>Toddler Modern Jazz &amp; Ballet</b> (15 months - 3 years)	<i>First movement to music.</i> <i>Parent assistance</i> <i>required. £4.50</i>			
10.15 - 10.45am <b>Toddler Modern Jazz &amp; Ballet</b> (15 months - 3 years)	<i>First movement to music.</i> <i>Parent assistance</i> <i>required. £4.50</i>			
4.00 - 4.30pm <b>Mini Street Cheer &amp; Pom Dance</b> (3 - 6 years)	<i>High energy class</i> <i>incorporating pom poms.</i> <i>£4.00</i>			
4.45 - 5.30pm <b>Junior Street Cheer &amp; Pom Dance</b> (7 - 11 years)	<i>High energy class</i> <i>incorporating pom poms.</i> <i>£5.00</i>			
5.30 - 6.30pm <b>AcroPad open training session</b>	(PAYG)			

# Excel Dance Company - Saturday

Studio 1		Studio 2		Practice Studio	
9.00 - 9.30am <b>Primary Tap &amp; Grade 1 Modern (Group 1)</b>	<i>BTDA Tap &amp; Modern Jazz syllabus. £5.00</i>	9.00 - 9.30am <b>Primary Performing Arts</b>	<i>BTDA Musical Theatre syllabus. £5.00</i>		
9.30 - 10.15am <b>Mini Competition Troupe Rehearsals</b>	<i>Invitation Only</i>	9.30 - 10.15am <b>Musical Theatre Dance (P1 - P7)</b>	<i>Recreational dance class incorporating Broadway jazz dance choreography. £5.00</i>		
10.15 - 10.45am <b>Primary Tap &amp; Grade 1 Modern (Group 2)</b>	<i>BTDA Tap &amp; Modern Jazz syllabus. £5.00</i>	10.15 - 11.00am <b>Grade 1 Performing Arts</b>	<i>BTDA Musical Theatre syllabus. £6.00</i>		
10.45 - 11.15am <b>Toddler Modern Jazz &amp; Ballet (15 months - 3 years)</b>	<i>First movement to music. Parent assistance required. £4.50</i>	11.00 - 11.30am <b>Mini Acro (Nursery, P1 &amp; P2)</b>	<i>First introduction to acrobatic movement and gymnastics skills. £5.00</i>		
11.30 - 12.00pm <b>Toddler Modern Jazz &amp; Ballet (15 months - 3 years)</b>	<i>First movement to music. Parent assistance required. £4.50</i>	11.30 - 12.00pm <b>Stage Stars Performing Arts (Nursery 3 &amp; 4 years)</b>	<i>First introduction to singing, dancing and acting for the stage. £5.00</i>	11.00 - 11.30pm <b>Junior Beginner Ballet &amp; Lyrical (P3 - P7)</b>	<i>Recreational dance class for beginners incorporating classical subjects. £4.00</i>
12.00 - 12.30pm <b>Tap &amp; Modern (Nursery 3 &amp; 4 years)</b>	<i>First introduction to tap and modern jazz. £5.00</i>	12.00 - 12.30pm <b>Junior Acro Competition Troupe Rehearsals</b>	<i>Invitation Only</i>	11.30 - 12.15pm <b>Junior Beginner Modern Jazz (P3 - P7)</b>	<i>Recreational dance class for beginners in modern jazz. £5.00</i>
12.30 - 1.00pm <b>Twinkle Toes Ballet (Nursery 3 &amp; 4 years)</b>	<i>First introduction to classical ballet. £5.00</i>	12.30 - 1.00pm <b>Prep Performing Arts (P1 &amp; P2)</b>	<i>BTDA Musical Theatre syllabus. £5.00</i>	12.15 - 1.00pm <b>Junior Beginner Tap (P3 - P7)</b>	<i>Recreational dance class for beginners in tap. £5.00</i>
1.00 - 1.30pm <b>Prep Tap &amp; Modern (P1 &amp; P2)</b>	<i>BTDA Tap &amp; Modern Jazz syllabus. £5.00</i>	1.00 - 1.45pm <b>Acrotrix (P3 - P7)</b>	<i>Acrotrix syllabus covering fold, floor and flight acro work. £5.00</i>		
1.30 - 2.00pm <b>Prep Ballet &amp; Lyrical (P1 &amp; P2)</b>	<i>BTDA Classical Ballet &amp; Lyrical syllabus. £5.00</i>				