

**2022-23 Extrava Danse Tentative Schedule - Rockland**  
**as of Jan 6/2022 (changes from previous schedule are highlighted in yellow)**

<b>MONDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
4:00 - 4:30	Comp - Tap Duo AJ&AL/Tap Solo AP				
4:30 - 5:00	Comp - Tap Solo JB/Acro Solo SD		4:30 - 5:00	Comp - Ballet Solo GH/Duo MT&AR	
5:00 - 5:55	Tap Pre Int 2		5:00 - 5:55	Ballet 2 (twice/week dancers) (age 8)	
6:00 - 6:55	Tap Inter/ Advanced		6:00 - 6:55	Ballet Inter Foundation	
7:00 - 7:40	Acro Jr Mon (ages 7-9)		7:00 - 7:40	Ballet 1-2 (once/week dancers) (ages 7-8)	
7:40 - 8:10	Comp - Tap Pre Int 2 Trio/Solo SEG/Solo AR		7:45 - 8:40	Ballet Adv Foundation & Adv 1	
8:15 - 8:45	Comp - Tap Solo AC/Jazz Solo AC		8:40 - 9:40	Ballet Adv 1	
8:45 - 9:40	Acro Sr				
9:40 - 10:10	Comp - Open Solo GD				
<b>TUESDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
5:00 - 5:40	Hip Hop 2 (ages 8 & 9)		5:00 - 5:55	Ballet 4 (twice/week dancers)	
5:45 - 6:30	Comp - HH 2-3 Comp 1		6:00 - 6:55	Ballet 1 (twice/week dancers) (age 7)	
6:30 - 7:10	Hip Hop 3 (ages 10-11)		7:00 - 7:55	Ballet for Pre Teens/Teens (ages 9+)	
7:15 - 7:45	Comp - HH Duo KLN&ELN/Solo ML				
7:50 - 8:30	Hip Hop 4-5 (ages 11 - 12)				
8:30 - 9:15	Comp - HH 4-5 Comp 2				
<b>WEDNESDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
4:00 - 4:30	Comp - Ballet Duo BJ&CT				
4:30 - 5:00	Comp - Ballet Solo CM				
5:00 - 5:55	Jazz Pre Int 2		5:00 - 5:40	Acro Pre Jr Wed A (ages 4-6)	
6:00 - 6:55	Ballet Inter Foundation		5:45 - 6:25	Acro Pre Jr Wed B (ages 4-6)	
7:00 - 7:55	Ballet Adv Foundation & Adv 1		6:30 - 7:10	Acro Jr Wed (ages 7-9)	
7:55 - 8:50	Jazz Inter/Adv		7:15 - 7:55	Acro Pre Int 1	
8:00 - 9:00	Comp - Contemp Int/Sr		8:00 - 8:40	Acro Pre Int 2	
9:00 - 10:00	Comp - Open Inter/Sr				
10:00 - 10:30	Comp - Contemp Trio/Contemp GD/Contemp ADA (every 2nd week)				

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<b>THURSDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
4:00 - 4:30	Comp - HH Solos ED/MSA/Jazz Solo AW		4:00 - 4:30	Comp - Tap Trio/Jazz Duo Gour/Ballet Solo TOC	
4:30 - 5:00	Comp - Solos Jazz ML/Jazz LT/HH Duo MDA&KB		4:30 - 5:00	Comp - Duo Acro CM&LT/Duo Ballet KR&TG/Solo EH	
5:00 - 6:00	Comp - Jazz Jr Line		5:00 - 5:55	Ballet 1 (twice/week dancers) (age 7)	
6:05 - 6:50	Comp - Jazz Pre Int 1		6:00 - 6:55	Ballet 2 (twice/week dancers) (age 8)	
6:55 - 7:35	Hip Hip 1 (ages 6 & 7)		7:00 - 7:55	Ballet 4 (twice/week dancers)	
7:40 - 8:20	Hip Hop Sr				
8:20 - 9:20	Comp - Hip Hop Sr Line				
<b>FRIDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
4:00 - 4:30	Comp - Solos Musical Theatre BJ/Lyrical EF				
4:30 - 5:00	Comp - Solos Contemp CT/Contemp EG		4:30 - 5:10	Tap Inter/ Advanced	
5:00 - 5:55	Contemporary Pre-inter		5:15 - 5:55	Tap Pre Int 1	
6:00 - 6:55	Jazz Pre Int 2		6:00 - 6:55	Contemporary Inter/Sr	
7:00 - 7:55	Jazz Inter/Adv		7:00 - 7:40	Contemporary Jr	
8:00 - 9:00	Comp - Jazz Line/Lyrical Line		7:40 - 8:25	Comp - Contemporary Junior	
9:00 - 9:30	Comp - Contemp Pre-inter 2		8:30 - 9:25	Lyrical for Teens	
9:30 - 10:00	Comp - Contemp Trio Pre Int/Solo SEG				
10:00 - 10:30	Comp - Solos Lyrical EG/Contemp ED/Contemp JB				
<b>SATURDAY</b>	<b>Upper Studio</b>			<b>Lower Studio</b>	
8:10 - 8:40	Comp - Solos Acro MT/Tap MT/Jazz AS		8:10 - 8:40	Comp - Solo Acro AS/Solo Lyrical GH	
8:40 - 9:10	Comp - Jazz Solo ZL/Tap Solo MH		8:45 - 9:25	Creative Movement (age 3) - Kinder Ballet (age 4) Sat A	
9:15 - 10:00	Tap 1-2-3 (ages 7-10)		9:30 - 10:10	Creative Movement (age 3) - Kinder Ballet (age 4) Sat B	
10:05 - 11:00	Jazz 2 A (age 8)		10:15 - 11:10	Jazz 1 (age 7)	
11:00 - 11:45	Comp Ballet 2		11:15 - 12:00	Comp - Jazz Jr Novice	
11:50 - 12:45	Jazz 2 B (age 8)		12:00 - 12:45	Comp - Ballet Novice	
12:50 - 1:30	Tap Pre Int 1		12:50 - 1:30	Ballet Primary Sat (age 6)	
1:30 - 2:15	Comp - Tap Pre Int 1		1:35 - 2:15	Ballet Pre-Primary Sat (age 5)	
2:20 - 3:05	Comp - Ballet 4		2:20 - 3:00	Acro Pre Jr Sat (ages 4-6)	
3:10 - 4:05	Tap Pre Int 2		3:05 - 3:50	Comp - Acro Jr Novice	
4:10 - 5:05	Jazz for Pre Teens/Teens (age 9+)		3:55 - 4:35	Acro Junior Sat (ages 7-9)	
5:05 - 5:50	Comp - Jazz for Pre Teens		4:40 - 5:10	Comp - Jazz Solo NB	

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<b>SATURDAY</b>				<b>Ste. Trinité GYM</b>	
			11:20 - 12:35	Jazz Pre Int 1	
			12:40 - 1:35	Ballet Inter Foundation	
			1:40 - 2:40	Comp - Ballet Line	
			2:40 - 2:55	Comp - Contemp Solo AR	
			2:55 - 3:10	Comp - Contemp Solo IPdLC	
			2:45 - 4:00	Ballet Advanced Foundation	
			4:00 - 4:30	Comp - Solo Ballet SD	
			4:05 - 4:50	Comp - Solos Contemp BJ/MT SML/Contemp TA	
			4:50 - 5:20	Comp - Solo Ballet TA	
<b>SUNDAY</b>	<b>Upper Studio</b>				
9:45 - 10:25	Creative Movement Sun (age 3) - Kinder Ballet Sun (age 4)				
10:30 - 11:10	Ballet Pre-Primary Sun (age 5) & Ballet Primary Sun (age 6)				
11:15 - 12:10	Jazz Tap Combo (age 5) & Jazz Tap Pre Jr (age 6)		11:15 - 11:55	Acro Jr (age 7-9)	