



NSW International Ballet Academy

2024 Timetable

<u>Grade</u>	<u>Day</u>	<u>Times</u>
Twinkle Toes - 30 mins	Tuesday OR Saturday	3:30 - 4:00pm 9:00 - 9:30am
Adult Ballet	Thursday	7:30 - 9:00pm
Pre-primary	Wednesday OR Saturday	4:00 - 5:00pm 9:30 - 10:30am
Primary - Blue Group OR Primary - Red Group	Monday and Friday OR Wednesday and Saturday	4:00 - 5:00pm and 4:00 - 5:00pm 4:00 - 5:00pm and 9:00 - 10:00am
Grade 1 - Blue Group Grade 1 - Red Group Introductory Contemporary	Monday and Friday OR Wednesday and Saturday Friday	5:00 - 6:00pm 5:00 - 6:00pm 5:00 - 6:00pm and 11:00am -12:00pm 4:00pm - 5:00pm
Grade 2 - Blue Group Grade 2 - Red Group Introductory Contemporary	Monday and Thursday OR Tuesday Saturday Friday	4:00 - 5:00pm and 4:00 - 5:00pm 4:00 - 5:00pm and 10:00am -11:00am 4:00pm - 5:00pm



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2024 Timetable (cont)

<u>Grade</u>	<u>Day</u>	<u>Times</u>
Grade 3 - Blue Group	Monday and Thursday OR	5:00 - 6:00pm and 5:00 - 6:00pm
Grade 3 - Red Group	Tuesday and Saturday	5:00 - 6:00pm and 12:00 -1:00pm
Junior Strength and Conditioning**	Thursday or Saturday	4:00 - 5:00pm 10.30 - 11.30pm
Open Class	Saturday	9.00-10.30am
Introductory Contemporary	Friday	4.00 – 5.00pm
Grade 4 - Blue Group	Tuesday and Friday OR	4:00 - 5:30pm and 4:00 - 5:00pm
Grade 4 - Red Group	Wednesday and Saturday	6:00 - 7:30pm 1:30 - 2:30pm
Junior Strength and Conditioning**	Thursday or Saturday	4:00- 5:00pm 10.30 - 11.30am
Open Class	Saturday	9.00-10.30am
Level 1 Contemporary	Friday	5.00 – 6.00pm
Grade 5	Wednesday and Thursday	6:00 - 7:30pm and 5:00 - 6:00pm
Intermediate Foundation Pointe (Pre-pointe)*	Wednesday	5:30 - 6:00pm
Junior Strength and Conditioning**	Thursday or Saturday	4:00- 5:00pm 10.30 - 11:30am
Open Class	Saturday	9.00-10.30am
Level 1 Contemporary	Friday	5:00 - 6:00pm

* highly recommended for Grade 5 students

** compulsory for students sitting an RAD exam (not Class Award) - Grades 3-5



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2024 Timetable (cont)

<u>Vocational Level</u>	<u>Day</u>	<u>Times</u>
Intermediate Foundation (three classes plus IntFound pointe) Open Class Senior Strength and Conditioning** Level 2 Contemporary	Monday and Wednesday, and Thursday Saturday Thursday Friday	4:00 - 5:00pm 4:00 - 6:00pm (inc Inter-found Pointe) and 6:00 - 7:30pm 9:00 - 10:30am 5:00 - 6:00pm 6:00 - 7:00pm
Intermediate (three classes plus Intermediate Pointe) Open Class Senior Strength and Conditioning** Level 2 Contemporary	Monday and Wednesday and/or Thursday Saturday Thursday Friday	5:00 - 6:00pm and 5:30 - 7:30pm (inc Intermediate Pointe) and 6:00 - 7:30pm 9:00 - 10:30am 5:00 - 6:00pm 6:00 - 7:00pm
Advanced Foundation Open Class Senior Strength and Conditioning** Level 2 Contemporary	Monday and Wednesday and Thursday Saturday Thursday Friday	6:00 - 7:30pm and 4:00 - 5:30pm and 6:00 - 7:30pm 9:00 - 10:30am 5:00 - 6:00pm 6:00 - 7:00pm
Advanced 1 and 2 Open Class Senior Strength and Conditioning** Level 2 Contemporary	Monday and Wednesday or Wednesday and Thursday Saturday Thursday Friday	6:00- 7:30pm and 6:00 - 7:30pm Advanced 1 or 7:30 - 9:00pm Advanced 2 and 6:00 - 7:30pm 9:00 - 10:30am 5:00 - 6:00pm 6:00 - 7:00pm

** compulsory for students sitting an RAD exam