



unlock unleash control

by centre stage dance studio

2022/2023 Class Schedule

MONDAY		FRIDAY	
4:30-5:30pm	Sr ACRO	4:45-5:30pm	Inter ACRO
5:30-7:00pm	Sr CREW	5:30-7:00pm	Inter CREW
7:00-8:00pm	Sr JAZZ	7:00-7:45pm	Inter JAZZ
8:00-9:00pm	Sr TAP	7:45-8:30pm	Inter TAP
TUESDAY		<i>We offer FREE TRIAL CLASSES for new students and existing students wanting to explore new styles!</i>	
4:30-6:00pm	Level 5 BALLETT	SATURDAY	
6:00-7:30pm	Level 2 GFT/PMT	9:00-10:00am	Level 3 BALLETT
7:30-9:00pm	Level 6 BALLETT	10:00-10:45am	Jr JAZZ
<i>All Ballet Exam students are required to take a Ballet class AND a GFT/PMT class at their level.</i>		10:45-11:30am	Jr TAP
WEDNESDAY		11:30am-12:30pm	Level 1 BALLETT
4:00-6:00pm	Level 8 BALLETT/POINTE	12:30-2:00pm	Triple Threat Training
6:00-7:30pm	Level 3 GFT/PMT	<i>Unlock your body. Unleash your mind. Take Control.</i>	
7:30-8:30pm	Sr CONTEMPORARY	SUNDAY	
8:30-9:30pm	Sr HIP-HOP	10:00-11:00am	Tiny Tot RHYTMS (ballet/tap)
<i>Please note: GFT = Groundforce Technique (innovative floor barre technique)</i>		11:00am-12:30pm	Mini COMBO (ballet/jazz/tap)
THURSDAY		12:30-1:15pm	Mini/Jr HIP-HOP
4:30-5:30pm	Tiny Tot RHYTMS (ballet/tap)	1:15-2:00pm	Mini/Jr ACRO
5:30-7:00pm	Mini COMBO (ballet/jazz/tap)	<i>Contact us for more info about our performance CREW TEAM!</i>	
7:00-7:45pm	Jr/Inter HIP-HOP	<i>Please visit www.centrestagedance.ca for more class options.</i>	
7:45-8:45pm	Adult MIXED GENRE	<i>UUC/CSDS reserves the right to combine/cancel any class due to enrollment.</i>	
<i>Schedule May 19, 2022</i>		<i>For all questions and inquiries please email us at: unlockunleashcontrol@gmail.com</i>	