



unlock unleash control

by centre stage dance studio

2023/2024 Class Schedule

MONDAY		FRIDAY	
<i>Unlock your body. Unleash your mind. Take Control.</i>		4:45-6:15pm	Inter CREW
5:30-7:00pm	Sr CREW	6:15-7:00pm	Inter ACRO
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 6/7 BALLET	SATURDAY	
6:00-7:30pm	Level 2 GFT	9:00-10:00am	Level 4 BALLET
7:30-8:15pm	Jr/Inter HIP HOP	10:00-10:45am	Jr JAZZ
<i>Contact us for more info about our performance CREW TEAM!</i>		10:45-11:30am	Jr TAP
WEDNESDAY		11:30am-12:30pm	Level 2 BALLET
4:00-6:00pm	Pre Ele BALLET/POINTE	12:30-1:15pm	Jr ACRO
6:00-7:30pm	Level 3 GFT	1:15-2:00pm	Jr HIP HOP
7:30-8:30pm	Sr CONTEMPORARY		
8:30-9:30pm	Sr HIP HOP	SUNDAY	
		11:00am-12:30pm	Mini COMBO (ballet/jazz/tap)
		MORE ADULT CLASS OPTIONS ARE AVAILABLE AT OUR NEW HAMBURG STUDIO!	
THURSDAY		CENTRE STAGE DANCE STUDIO 5-175 Waterloo Street, New Hamburg	
4:00-5:00pm	Pre Ele BALLET/POINTE	519-662-3444 centrestagedance86@gmail.com	
5:00-6:00pm	Tiny Tot RHYTHMS (ballet/tap)	<i>Please visit www.centrestagedance.ca for more information</i>	
6:00-7:30pm	PreJr COMBO (ballet/jazz/tap)	Schedule September 13, 2023	
7:30-8:30pm	Adult STREET JAZZ	UUC/CSDS reserves the right to combine/cancel any class due to enrollment.	
All Ballet Exam students are required to take a Ballet class AND a GFT class at their level. Please note: GFT = Ground Force Technique (innovative floor barre technique)"		For all questions and inquiries please email us at: unlockunleashcontrol@gmail.com	