

Class Timetable – Autumn Term 2025

Sunday

Studio 1	Studio 3	Studio 4
9.00 – 9.45am Pre-school Ballet (Age 2-4 years) Miss Gemma	9.00 – 9.45am ISTD Pre-Primary Ballet (Reception, year 1 & 2 school years) Miss Heidi	9.00 – 9.45am ISTD Primary Ballet Miss Harley
9.45-10.15pm ISTD Grade 1 Tap Miss Gemma	9.45 – 10.15am ISTD Pre-Primary Tap (Reception, year 1 & 2) Miss Heidi	9.45 – 10.15am ISTD Primary Tap Miss Harley
10.15-11.00am ISTD Primary Modern Miss Gemma	10.15am-11.00am ISTD Grade 2 Modern Miss Heidi	10.15- 11.00am ISTD Grade 1 Modern Miss Harley
11.00-11.30am Infant Street Miss Gemma	11.00am -11.45am ISTD Grade 4 Modern Miss Heidi	11.00 – 11.45am ISTD Grade 2 Tap Miss Harley
11.30-12.30pm Solo/duet Competition Practice (10 places at £5 each) Miss Gemma	11.45-12.30pm Solo/duet Competition Practice (7 places at £5 each) Miss Gemma	11.45-12.30pm ISTD Grade 3 Ballet Miss Harley
12.30-1.15pm Inter Professional Jazz Technique/strengthening (Free Class for those on Professional package) Miss Heidi	12.30-1.15pm Junior Professional Jazz Technique/strengthening (Free Class for those on Professional package) Miss Gemma	12.30-1.15pm Solo/duet Competition Practice (7 places at £5 each) Miss Harley
1.15– 2.00pm ISTD Grade 3 Tap Miss Harley	1.15pm- 2.00pm Solo/duet Competition Practice (7 places at £5 each) Miss Gemma	1.15 – 2.00pm ISTD Grade 1 Ballet Miss Heidi
ZZZ ZZZ ZZZ	2.00-3.15pm Mid Ballet Associates (Standard 3, Grade 3, 4 & 5) Miss Heidi	2.00pm-3.15pm Junior Ballet Associates Conditioning (Standard 1, Grade 1 & 2) Miss Gemma
ZZZ ZZZ ZZZ	3.15-4.00pm Acro Tricks Miss Heidi	ZZZ ZZZ ZZZ

Monday

Studio 1	Studio 3	Studio 4
10.00-12.00pm ISTD Teacher Training – Tap Dance Miss Louise	10.00pm-11.00pm ISTD Advanced 2 Ballet Miss Heidi	ZZZ ZZZ ZZZ
ZZZ ZZZ ZZZ	11am – 12pm ISTD Advanced 1 Ballet Miss Heidi	ZZZ ZZZ ZZZ
ZZZ ZZZ ZZZ	12.30 – 2.30pm ISTD Teacher Training – Imperial Ballet (DDE) Miss Heidi	ZZZ ZZZ ZZZ
4.00-4.30pm ISTD Primary Tap Miss Emma	4.00- 4.30pm Acro Tricks Miss Heidi	4.00pm-4.30pm ISTD Pre-Primary Tap Miss Harley
4.30-5.15pm ISTD Grade 6 Tap Miss Emma	4.30-5.15pm Junior Street Training <i>- £10 per class open to all!</i> Age 7 to 11 years Tashan Muir	4.30-5.15pm ISTD Pre-Primary Ballet Miss Harley
5.15-6.00pm ISTD Intermediate Tap Miss Emma	5.15-6.00pm Competition Team (Invite only) Tashan Muir	5.15-6.00pm Junior Lyrical Miss Harley
6.00-6.45pm ISTD Advanced 1 Tap Miss Emma	6.00-.6.45pm Mid Street Training <i>- £10 per class open to all!</i> Age 11 – 14 years Tashan Muir	6.00-6.45pm Stretch & Conditioning Miss Harley
6.45-7.30pm ISTD Grade 5 Tap Miss Emma	6.45-7.45pm Competition Team (<u>Invite only</u>) Tashan Muir	6.45-7.30pm Grade 4 Ballet Miss Harley
7.30-8.15pm Adults Tap Dance Miss Emma	7.45-8.45pm Senior Street Training <i>- £10 per class open to all!</i> Age 14 upwards Tashan Muir	7.30 – 8.15pm ISTD Grade 5 Ballet Miss Harley
8.15-9.00pm Adults Beginners Ballet Miss Emma	ZZZ ZZZ ZZZ	8.15-8.45pm Pointe Work Miss Harley

Tuesday

Studio 1	Studio 3	Studio 4
ZZZ ZZZ ZZZ	3.15-4.15pm ISTD Intermediate Ballet Miss Heidi	ZZZ ZZZ ZZZ
4.15-5.00pm ISTD Grade 4 Modern Miss Becky	4.15-5.00pm ISTD Grade 3 Modern Miss Gemma/Heidi	4.15-5.00pm ISTD Grade 2 Modern Miss Tate
5.00-5.45pm ISTD Advanced 2 Tap Miss Becky	5.00-5.45pm ISTD Grade 2 Ballet Miss Gemma/Heidi	5.00-5.45pm ISTD Grade 3 Ballet Miss Tate
5.45-6.30pm ISTD Advanced 1 Ballet Miss Becky	5.45-6.30pm ISTD Grade 5 Ballet Miss Gemma/Heidi	5.45-6.30pm ISTD Intermediate Modern Miss Tate
6.30-7.30pm ISTD Grade 6 Modern Miss Becky	6.30-7.30pm ISTD Grade 6, Intermediate, Advanced 1 & 2 Ballet FREE work only Miss Gemma/Heidi	6.30-7.15pm Stretch & Conditioning Miss Tate
7.30-8.15pm Adults Ballet Miss Becky	7.30-8.15pm Pointe Work Intermediate, Advanced 1 & 2 level Miss Gemma/Heidi	7.15-8.15pm Solos/Duets Competition Practice (7 places at £5 each) Miss Tate
8.15pm-9pm ISTD Advanced 1 Tap Miss Becky	8.15-9.00pm Solo/Duets Competition Practice (10 places at £5 each) Miss Tate	8.15-9.00pm Adult Body Conditioning Miss Gemma/Heidi



Wednesday

Studio 1	Studio 3	Studio 4
ZZZ ZZZ ZZZ	1.45-2.45pm ISTD Advanced 1 Modern Miss Natalie	ZZZ ZZZ ZZZ
ZZZ ZZZ ZZZ	3.00-4.00pm ISTD Intermediate Modern Miss Natalie	ZZZ ZZZ ZZZ
4.00-4.30pm ISTD Grade 2 Tap Miss Heidi	4.00-4.30pm Solo/Duets Competition Practice (5 places at £5 each) Miss Natalie	4.00-4.30pm Solo/Duets Competition Practice (5 places at £5 each) Miss Gemma
4.30pm-6.30pm ISTD DDE Modern Miss Natalie	4.30-5.15pm Junior American Tap (Grade 1, 2 & 3 Tap level) Miss Sara	4.30-5.15pm ISTD Primary Ballet Miss Gemma
ZZZ ZZZ ZZZ	5.15-6.00pm Mid American Tap (Grade 4, 5 & 6 level) Miss Sara	5.15-6.00pm Junior Musical Theatre (Age 7-13) Miss Gemma
ZZZ ZZZ ZZZ	6.00-6.45pm Comp Team (Inter & Senior tap) Miss Sara	6.00pm-6.45pm ISTD Grade 5 Modern Miss Heidi
6.45-7.30pm Stretch & Conditioning Miss Gemma	6.45-7.30pm Senior American Tap (Grade 6, Inter, Advanced 1 & 2) Miss Sara	6.45-7.30pm ISTD Grade 5 Ballet Miss Heidi
7.30-8.15pm ISTD Grade 4 Tap Miss Gemma	7.30-8.15pm Senior Musical Theatre Miss Sara	7.30-8.15pm Pointe Class Miss Heidi
8.15-9.00pm Adult Beginners Tap Miss Gemma	8.15-9.00pm Adult American Tap Miss Sara	8.15-9.00pm ISTD Grade 6 Ballet Miss Heidi

Thursday

Studio 1	Studio 3	Studio 4
3.00-4.00pm ISTD Advanced 2 Modern Miss Natalie	3.00-4.00pm ISTD Intermediate Tap Miss Harley	ZZZ ZZZ ZZZ
4.15-5.00pm ISTD Pre-Primary Ballet Miss Harley	4.15-5.00pm Gymnastics/Acro Tricks Reception, Year 1 & 2 Miss Natalie / Jess	4.15-5.00pm ISTD Standard 1 Ballet Miss Gemma
5.00-5.45pm ISTD Grade 1 Ballet Miss Harley	5.00-5.45pm Gymnastics/Acro Tricks Year 3, 4, 5 & 6 years Miss Natalie / Jess	5.00-5.45pm ISTD Grade 2 Ballet Miss Heidi
5.45-6.30pm ISTD Grade 1 Tap Miss Harley	5.45-6.30pm ISTD Grade 3 Ballet Miss Gemma	5.45-6.30pm ISTD Grade 2 Tap Miss Heidi
6.30-7.15pm ISTD Grade 4 Ballet Miss Gemma	6.30-7.15pm Adult Ballet Miss Heidi	6.30-7.15pm ISTD Grade 5 Ballet Miss Harley
7.15-8.00pm Adults Experienced Tap Miss Gemma	7.15-8.00pm Mid Contemporary Miss Harley	7.15-8.00pm Solo/Duets Competition Practice (10 places at £5 each) Miss Heidi
8.00pm-8.45pm ISTD Grade 4 Modern Miss Heidi	8.00-8.45 Adults Modern/Jazz Miss Gemma	ZZZ ZZZ ZZZ



Friday

Studio 1	Studio 3	Studio 4
9.45-10.30am Pre-School Ballet (Age 2-4 years) Miss Gemma	9.45-10.30am Adults Ballet Miss Heidi	ZZZ ZZZ ZZZ
10.30-11.00am Pre-School Gymnastics (Age 2-4 years) Miss Gemma	10.30-11.00am Adults Stretch Miss Heidi	ZZZ ZZZ ZZZ
ZZZ ZZZ ZZZ	12.30-2.30pm ISTD Teacher Training – Modern Theatre Miss Natalie	ZZZ ZZZ ZZZ
4.15pm-4.45pm Solo/Duets Competition Practice (5 places at £5 each) Miss Gemma	4.15-4.45pm Senior Leaps, Turns & Kicks Miss Natalie	4.15-4.45pm Infant Musical Theatre (Reception, Yr 1 & 2) Miss Heidi
4.45-5.30pm Infant Street Miss Gemma	4.45-5.30pm Senior Contemporary Miss Natalie	4.45-5.30pm ISTD Advanced 2 Ballet Miss Heidi
5.30-6.15pm ISTD Grade 5 Modern Miss Heidi	5.30-6.15pm ISTD Advanced 1 Modern Miss Natalie	5.30-6.15pm ISTD Grade 6 Modern Miss Gemma
6.15-7.00pm ISTD Grade 6 Tap Miss Heidi	6.15-7.00pm Advanced Contemporary (Inter, Ad 1 & 2 Level) Miss Natalie	6.15-7.00pm Progressing Ballet Technique Miss Gemma
7.00-7.45pm ISTD Grade 6 Ballet Miss Gemma	7.00-7.45pm Senior Leaps, Turns & Kicks (Inter, Ad 1 & 2 Modern Level) Miss Natalie	7.00-7.45pm ISTD Grade 5 Ballet Miss Heidi
7.45-8.30pm Solo/Duets Competition Practice (7 places at £5 each) Miss Gemma	7.45pm-8.30pm Senior Commercial (Age 12-16 years) Miss Natalie	7.45-8.30pm ISTD Intermediate Ballet Miss Heidi
ZZZ ZZZ ZZZ	8.30-9.15pm Advanced Commercial (Age 14-20 years) Miss Natalie	ZZZ ZZZ ZZZ

Saturday

Studio 1	Studio 3	Studio 4
ZZZ ZZZ ZZZ	8.30-9.00am Adults Ballet Conditioning Miss Heidi	ZZZ ZZZ ZZZ
Pre-School Ballet (Age 2-4 years) Miss Gemma	9.00-9.45am Adults Ballet Class Miss Heidi	9.00-9.45am ISTD Pre-primary Ballet Miss Harley
9.45-10.15am Pre-school Jazz (Age 2-4 years) Miss Gemma	9.45-10.15am ISTD Pre-Primary Tap (Reception upwards) Miss Heidi	9.45-10.15am ISTD Primary Tap Miss Harley
10.15-10.45am ISTD Primary Ballet Miss Heidi	10.15-10.45am Infant Street (Reception, year 1 & 2) Miss Harley	10.15-10.45am ISTD Standard 1 Ballet Miss Gemma
10.45-11.30am ISTD Grade 2 Tap Miss Heidi	10.45-11.30am Bronze & Silver Street (7-12 years) Miss Harley	10.45-11.30am ISTD Pre-Primary Ballet Miss Gemma
11.30-12.15pm ISTD Grade 2 Modern Miss Harley	11.30-12.30 Mid Associates Ballet Miss Heidi	11.30-12.15pm ISTD Grade 1 Modern Miss Gemma
12.15-1.00pm ISTD Grade 2 Ballet Miss Harley	12.30-1.30pm Senior Ballet Associates Miss Heidi	12.15-1.00pm ISTD Grade 1 Ballet Miss Gemma
1.00-1.45pm ISTD Grade 3 Modern Miss Harley	1.30-2.15pm Senior Professional Course Jazz Tech FREE Class Miss Natalie	1.00-1.45pm ISTD Grade 4 Ballet Miss Gemma
1.45-2.30pm ISTD Grade 3 Tap Miss Heidi	ZZZ ZZZ ZZZ	1.45-2.30pm Junior Musical Theatre Miss Gemma
2.30-3.00pm Commercial (age 9-13) Miss Harley	2.15-3.00pm Junior Leaps, Turns & Kicks Miss Natalie	2.30-3.00pm Pointe Work Miss Heidi
3.00-3.45pm ISTD Grade 4 Tap Miss Gemma	3.00-4.00pm Senior Comp Team Rehearsal Miss Natalie	3.00-3.45pm ISTD Grade 3 Ballet Miss Heidi
4pm-5pm ISTD Intermediate Tap Miss Harley	4.00pm- 4.30pm Acro Tricks Miss Heidi	4pm-5pm ISTD Advanced 2 Modern Miss Natalie

Saturday

Roxwell Memorial Hall, The St, Roxwell, Chelmsford, CM1 4PB

9am – 9.45am	Mini Competition Team Rehearsal Age 7-9)	Miss Natalie
9.45am – 10.30am	Competition Team Solo Rehearsals	Miss Natalie
10.30am – 11.15am	Inter Competition Team Rehearsal (Age 10-14)	Miss Natalie
11.15am – 12pm	Competition Team solo Rehearsals	Miss Natalie

