



Rhapsody Centre of Performing Arts

Prestige Youth Dance Co. • Rhapsody Dance Centre

prestigeyouthdance@gmail.com | rhapsodydancecentre@gmail.com

TIMETABLE – STRAND & SEA POINT

Monday - Strand		Tuesday - Strand	
Time	Class	Time	Class
14:15-14:45	Pre-Junior Hip Hop	14:15-14:45	Pre-Grade Modern(Age 4-6yrs)
14:45-15:30	Junior Studio Hip Hop	14:45-15:30	Junior Modern.(Level 2 & Level 3)
15:30-16:15	Junior Company Hip Hop	15:30-16:15	Junior Ballet(Grade 1 & Grade 2)
16:15-17:00	Intermediate Studio Hip Hop	16:15-17:00	Intermediate Modern(Level 4 & Level 5)
17:00-17:45	Intermediate Company Hip Hop	17:00-17:45	Intermediate Ballet(Grade 3 & Grade 4)
17:45-18:30	Pre Senior Hip Hop	17:45-18:30	Technique Class -Company Students Only
18:30-19:15	Senior Hip Hop	18:30-19:15	Pre-Senior Ballet(Intermediate Foundation & Intermediate)
19:15-20:00	Senior Hip Hop	19:15-20:00	Pre- Senior Modern(Level 6 & Level 7)
20:00-20:45	Senior Advanced Training	20:00-20:45	Senior Ballet(Advanced 1 & 2)
Wednesday - Strand		Thursday - Strand	
Time	Class	Time	Class
14:15-14:45	Pre-Grade Ballet(Age 4-6yrs)	13:45-14:15	Pre-Grade Ballet(Age 4-6yrs)
14:45-15:30	Junior Modern(Level 2 & Level 3)	14:15-14:45	Advanced Performer
15:30-16:15	Junior Ballet(Grade 1 & Grade 2)	14:45-15:30	Junior Studio & Company Hip Hop
16:15-17:00	Intermediate Modern(Level 4 & Level 5)	15:30-16:15	Company Group 1 - Classical Styles
17:00-17:45	Intermediate Ballet(Grade 3 & Grade 4)	16:15-17:00	Intermediate Studio & Company Hip Hop
17:45-18:30	Technique Class - Company Students Only	17:00-17:45	Technique Class - Company Students Only
18:30-19:15	Pre-Senior Ballet(Intermediate Foundation & Intermediate)	17:45-18:30	Pre Senior Hip Hop
19:15-20:00	Pre- Senior Modern(Level 6 & Level 7)	18:30-19:15	Company Group 2 - Classical Styles
20:00-20:45	Senior Company Modern	19:15-20:00	Senior Ballet(Advanced 1 & 2)
		20:00-20:45	Senior Hip Hop
Friday - Strand			
Time	Class		
14:00-14:45	Advanced Performer		
14:45-15:30	Pointe work - Beginners		
15:30-16:15	Musical Theatre		
16:15-17:00	Pointe Work - Advanced		



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TIMETABLE – STRAND & SEA POINT

Monday - Sea Point		Wednesday - Sea Point	
Time	Class	Time	Class
14:30-15:00	Pre-Junior Modern	16:00-16:45	Hip Hop Open
15:00-15:45	Junior Modern	16:45-17:30	Hip Hop Competition & Exam work
15:45-16:30	Intermediate Modern		
16:30-17:15	Intermediate & Senior - Technique		
17:15-18:00	Senior Modern		