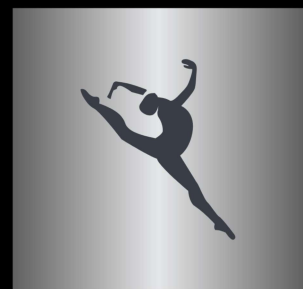


AADFP

ADVANCED DEVELOPMENT PROGRAM



DAILY TIMETABLE

WEDNESDAYS	
8.45AM	Classical Ballet Technique Class
10.00AM	Progressing Ballet Technique / Jazz Technique & Jazz Progressions Class
11.00AM	Morning Tea Break
11.15AM	Suna Pilates - Dance Based Conditioning & Training
12.00PM	Acrobatics & Tumbling
1.00PM	Lunch Break
1.30PM	Guest Teacher Class
2.15PM	FINISH

SUNDAYS	
8.45AM	Classical Ballet Technique Class
10.00AM	Body Conditioning / Stretch Class
10.45AM	Morning Tea Break
11.00AM	Jazz Technique & Jazz Progressions Class
12.00PM	Suna Pilates - Dance Based Conditioning & Training
12.45PM	Lunch Break
1.15PM	Guest Teacher Class / Acrobatics & Tumbling
2.15PM	FINISH

Classes may be cancelled from time to time if we don't have suitable numbers to run . A minimum of 2 weeks notice will be given to all ADP students*.

The afternoon guest teacher classes are different every week & cover the following: PBT development, Contemporary technique, Contemporary tumbling, Broadway Jazz, Lyrical, Hip Hop & Commercial styles, Drills class & Acrobatics extension. Students attending Wednesdays will need to seek school permission first.

All classes will take place at Northern School of Performing Arts Shore Studios. 1 Barrys Pt Rd, Takapuna & all Pilates sessions will take place in Suna Pilates (located right next to studio 3)

2021 TERM DATES

TERM ONE

17th February - 18th April

TERM TWO

5th May - 11th July

TERM THREE

28th July - 3rd October

TERM FOUR

20th October - 5th Dec

***NO CLASSES ON
PUBLIC HOLIDAYS***

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