TIMETABLE 2026

ALL CLASSES ARE LOCATED AT THE BRIDGEWATER HALL UNLESS OTHERWISE STATED

MONDAY

3.45 - 4.30pm	Tiny Tots
4.30-5.15pm	Jnr Jazz
5.15-6pm	Beginner Acro
6-6.45pm	Inter Jazz
6.45-7.30pm	Inter/Snr JTK
7.30-8.15pm	Snr Jazz
8.15-9pm	Snr Tap

Handorf Memorial Hall
7pm Adult Lyrical
8pm Adult ADV Tap

TUESDAY

3.30-4pm	Primary Ballet Exam Class
4-4.45pm	Level 1 Acro (Invite Only)
4.45-5.30pm	Pre Inter Jazz
5.30-6.15pm	Pre Inter JTK
6.15-7pm	Level 2 Acro (Invite Only)
7-7.45pm	Snr Lyrical
7.45-9pm	Snr Ballet

WEDNESDAY

3.45- 4.30pm	Tiny Tots
4.30-5.15pm	Primary Ballet
5.15 - 6pm	G1/2 Ballet
6 - 6.45pm.	Pre Inter Lyrical
6.45-7.45pm	Adult Tap
7.45-9.15pm	Adult Adv Ballet

THURSDAY

4-4.45pm	Acro Level 1 (Invite only)
4.45-5.30pm	G3 Ballet
5.30-6.15pm	Inter Lyrical
6.15 - 7pm	G5 Ballet

Aldgate Studio

7.30 - 8pm	Pointe Class

FRIDAY

10-10.45am Tiny Tots
11am-12pm Adult Ballet

4-4.45pm	8 & Under Intensive Team
4.45-5.30pm	G3 Ballet Exam Class
5.30-6.15pm	10 & Under Intensive Team
6.15-7pm	Inter Tap
7 - 7.45pm	Acro Level 2 (Invite Only)

SATURDAY

8.45-9.30am	Tiny Tots
9.30-10am	Jnr Ballet
10-11am	Jnr Jazz and Tap Combo Class
11-11.45am	Beginner Acro
TBC	Adult Ballet

Please see the pages below for a more in-depth look at our timetable and class options

Aldgate DANCE

Monday

3.45 - 4.30pm	**Tiny Tots (Ages 3-5)** For children before starting school or starting school mid-year 2026
4.30 - 5.15pm	**Junior Jazz (Ages 5-6)** For children already at school. For children already at school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
5.15 - 6pm	**Beginner Acro (Ages 5+)** For children who have already started school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
6 - 6.45pm	**Inter Jazz (Ages 10-12)**
6.45 - 7.30pm	**Inter/Snr JTK (Ages 10+)** Jumps • Turns • Kicks Our jazz technique class where all tricks are learnt and perfected.
7.30 - 8.15pm	**Senior Jazz (Ages 13+)**
8.15 - 9pm	**Senior Tap (Ages 13+)**
7 - 8pm	**Adult Lyrical (Ages 18+)** This is Located at Handorf Memorial Hall
8 - 9pm	**Adult Advance Tap (Ages 18+)** This is Located at Handorf Memorial Hall

Aldgate DANCE

Tuesday

3.30-4pm	**Primary Ballet - Exam Class**
4 - 4.45pm	**Acro Level 1 — Invite Only** Students must be able to perform a cartwheel, bridge, forward roll, backward roll, and tic-toc unassisted. Acro is based on ability, not age.
4.45 - 5.30pm	**Pre Inter Jazz (Ages 7-9)**
5.30 - 6.15pm	**Pre Inter JTK (Ages 7-9)** Jumps • Turns • Kicks Our jazz technique class where all tricks are learnt and perfected.
6.15 - 7pm	**Acro Level 2 — Invite Only** Students must be able to perform a forward walkover and backward walkover unassisted, with straight legs. Acro is based on ability, not age.
7 - 7.45pm	**Senior Lyrical (Ages 13+)**
7.45 - 9pm	**Senior Ballet (Ages 13+)**

Aldgate DANCE

Wednesday

3.45 - 4.30pm	**Tiny Tots (Ages 3-5)** For children before starting school or starting school mid-year 2026
4.30 - 5.15pm	**Primary Ballet (Ages 5-6)** For children already at school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
5.15 - 6pm	**Grade 1 / 2 Ballet (Ages 7-9)**
6 - 6.45pm	**Pre Inter Lyrical (Ages 7-9)**
6.45 - 7.45pm	**Adult Tap (Ages 18 +)**
7.45 - 9.15pm	**Adult Advance Ballet (Ages 18 +)**

Aldgate DANCE

Thursday

4 - 4.45pm	**Acro Level 1 — Invite Only** Students must be able to perform a cartwheel, bridge, forward roll, backward roll, and tic-toc unassisted. Acro is based on ability, not age.
4.45 - 5.30pm	**Grade 3 Ballet**
5.30 - 6.15pm	**Inter Lyrical (Ages 10 - 12)**
6.15 - 7pm	**Grade 5 Ballet**
7.30 - 8pm	**Pointe Class (Senior Ballet or Invited Students)** Students must have a pointe assessment. Contact Aldgate Dance for this class' location.

Aldgate DANCE

Friday

10 - 10.45am	**Tiny Tots (Ages 3-5)** For children before starting school or starting school mid-year 2026
11am - 12pm	**Adult Ballet (Ages 18 +)**
4 - 4.45pm	**8 & Under Intensive Team — Invitation Only** This is our competition troupe team. Team members must also take JTK or Ballet as a second class.
4.45 - 5.30pm	**Grade 3 Ballet - Exam Class**
5.30 - 6.15pm	**10 & Under Intensive Team — Invitation Only** This is our competition troupe team. Team members must also take JTK or Ballet as a second class.
6.15 - 7pm	**Inter Tap (Ages 10 - 12)**
7 - 7.45pm	**Acro Level 2 — Invite Only** Students must be able to perform a forward walkover and backward walkover unassisted, with straight legs. Acro is based on ability, not age.

Aldgate DANCE

Saturday

8.45 - 9.30am	**Tiny Tots (Ages 3-5)** For children before starting school or starting school mid-year 2026
9.30 - 10am	**Jnr Ballet (Ages 5-7)** For children already at school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
10 - 11am	**Junior Combo Class (Ages 5-7)** Half an hour of Tap followed by half an hour of Jazz. For children already at school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
11 - 11.45am	**Beginner Acro (Ages 5+)** For children who have already started school. If your child is starting school mid-year 2026, please contact the studio to see if this is the right fit.
TBC	**Adult Ballet (Ages 18 +)**