

CLASS BREAKDOWN

Pathway to Industry Class: A specialised two-hour weekly program preparing performers for real professional work in live entertainment. Taught by current industry professionals, students learn partner stunts, ensemble work, and specialty skills such as, aerials, and stilt walking. Training is based on material from active productions, giving students practical experience and confidence. The program also provides direct pathways into affiliated companies – XS Events, Jadore Entertainment, and Dauntless Movement Crew – offering opportunities for paid performance work. More than a class, it's a stepping stone into the entertainment industry.

Jazz: High-energy classes focusing on classic and contemporary jazz technique, rhythm, musicality, and stage presence.

Ballet: Foundation training that builds technique, posture, alignment, strength, and grace to support all dance styles.

Technique: Classes that refine balance, control, flexibility, and coordination to improve overall dance execution and performance quality.

Lyrical: A blend of ballet and jazz that emphasises expression, musicality, and storytelling through fluid, emotive movement.

Tap: Training in rhythm, timing, and intricate footwork, exploring both traditional and modern tap styles.

Hip Hop: Street-style movement covering grooves, isolations, popping, locking, and freestyle, helping dancers build confidence and individuality.

Breakdancing: A high-energy class taught by working industry professionals, covering footwork, freezes, power moves, and transitions. Students build strength, style, and confidence while training directly with pros who perform in live shows.

Acro Class: A one-hour class taught by working acrobats, covering tumbling, strength work, partner acro, lifts, and group skills used in stage productions. Emphasis is on clean technique and safe, professional-level execution.

Tricking Class: A high-energy session combining acrobatics, martial arts, and dynamic movement. Students learn kicks, flips, twists, and combos to build power, control, and creativity – ideal for dancers, breakers, stunt performers, and anyone wanting explosive, show-ready skills.

Specialty skills class: A diverse program offering training in stilt walking, juggling, LED flow arts, rhythmic gymnastics, and more. Students learn essential techniques, safety, and performance skills to add unique, high-demand talents to their stage repertoire.

Elite Troupe Program: Our Elite Program is an exclusive, invite-only course designed for our most dedicated students. In this program, we focus on creating and perfecting competition routines as well as performance opportunity routines, giving students the chance to showcase their skills on stage. Classes are held on Saturdays, allowing our students to fully immerse themselves in the process of developing these performances under expert guidance. This program is perfect for those ready to take their training to the next level and shine in both competitive and performance settings.

TERM 1 2026 TIMETABLE

MONDAY

AGE	STUDIO	CLASS	TIME	TEACHER
5 - 8	STUDIO 1	PETITE / PRE JUNIOR BALLET / LYRICAL	4:30PM - 5:30PM	Georgia
5 - 8	STUDIO 1	PETITE / PRE JUNIOR JAZZ	5:30PM-6:30PM	Jaeda
5 - 8	STUDIO 1	PETITE / PRE JUNIOR HIP HOP	6:30PM-7:30PM	Jaeda
6 - 12	STUDIO 1	KIDS BREAKDANCING	7:30PM-8:30PM	Chris

TUESDAY

AGE	STUDIO	CLASS	TIME	TEACHER
3 - 5	STUDIO 1	TINY: BALLET, JAZZ, TAP	9:30AM-10:30AM	Jaeda
15+	STUDIO 1	SENIOR BALLET	5PM-6PM	Georgia
15+	STUDIO 1	SENIOR LYRICAL	6PM-7PM	Georgia
15+	STUDIO 1	SENIOR JAZZ	7PM-8PM	Jaeda
7 - 12	STUDIO 1	SENIOR HIPHOP	8PM-9PM	Jaeda
3 - 5	GYM	LITTLE TITANS (Acro, Tricking & Parkour)	10:30AM-11:30AM	Jaeda/Jordan
14+	GYM	OPEN SESSION	2PM-5PM	SYD TRICKING
6 - 12	GYM	LITTLE TITANS (Acro, Tricking & Parkour)	5PM-6PM	Jordan SYD TRICKING
13 +	GYM	TRICKING	6PM-7PM	Jordan/Anthony SYD TRICKING
16+	GYM/STUDIO 2	DAUNTLESS + JADORE TEAM TRAINING *INVITE ONLY	7PM-9:30PM	DAUNTLESS/JADORE
14+	GYM	OPEN SESSION	7PM-10PM	SYD TRICKING

WEDNESDAY

AGE	STUDIO	CLASS	TIME	TEACHER
9 - 14	STUDIO 1	JUNIOR / PRETEEN BALLET	5PM-6PM	Georgia
9 - 14	STUDIO 1	JUNIOR / PRETEEN LYRICAL	6PM-7PM	Georgia
9 - 14	STUDIO 1	JUNIOR / PRETEEN JAZZ	7PM-8PM	Jaeda
9 - 14	STUDIO 1	JUNIOR / PRETEEN HIPHOP	8PM-9P	Jaeda
6 - 9	GYM	KIDS ACRO	5PM-6PM	Marley/Sienna
10+	GYM	JUNIOR/TEENS ACRO	6PM-7PM	Marley/cat/Sienna
10 - 15	GYM	SPECIALTIES CLASS (Partner Acro, Rhythmic gymnastics, Stilts, aerial)	7PM-8PM	Marley/Cat/Sienna/Joe/ Jordan/

THURSDAY

AGE	STUDIO	CLASS	TIME	TEACHER
3 - 5	STUDIO 1	TINY: BALLET, JAZZ, TAP	9:30AM - 10:30AM	Jaeda
5 - 7	STUDIO 1	PETITE JAZZ, TAP & BALLET	4:30PM - 5:30PM	Jaeda
5 - 11	STUDIO 1	PETITE / PRE JUNIOR/ JUNIOR TECH	5:30PM - 6:30PM	Faye
12 +	STUDIO 1	PRETEEN + TECH	6:30PM - 7:30PM	Faye
	STUDIO 1/	XS EVENTS REHEARSAL	7:30PM - 9:30PM	Joe/Faye
3 - 5	GYM	LITTLE TITANS (Acro, Tricking & Parkour)	10AM - 11AM	Jordan DAUNTLESS
14+	GYM	OPEN SESSION	1PM - 4PM	DAUNTLESS
3 - 5	GYM	LITTLE TITANS (Acro, Tricking & Parkour)	4PM - 5PM	Jed/Jordan DAUNTLESS
6 - 12	GYM	LITTLE TITANS (Acro, Tricking & Parkour)	5PM - 6PM	Jordan DAUNTLESS
13 +	GYM	TRICKING/ACROBATICS	5:30PM - 6:30PM	Jordan SYDNEY TRICKING
14+	GYM/STUDIO 2	INDUSTRY CLASS	6:15PM - 7:30PM	Faye/Joe DAUNTLESS/JADORE
16+	GYM/STUDIO 2	DAUNTLESS + JADORE TEAM TRAINING *INVITE ONLY	7PM - 9PM	DAUNTLESS/JADORE
14+	GYM	OPEN SESSION	7PM - 10PM	DAUNTLESS

SATURDAY

AGE	STUDIO	CLASS	TIME	TEACHER
3 - 5	GYM	TINY ACRO	9AM - 10AM	Jaeda
5+	GYM/STUDIO 1	ELITE CLASSES (select only)	10AM - 12:30PM	Faye