

ADMINISTRATION: Elizabeth Keating: admin@coastaldance.ca

Instagram : @coastal.dance

Front Desk Receptionist (Saturdays (Sept-May 31 9am-12pm): Norah O'Keefe



Updated AUGUST 25, 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY				CJ	ADVANCED1 JB					
STUDIO1	STUDIO2	STUDIO3	STUDIO1	STUDIO2	STUDIO3	STUDIO1	STUDIO2	STUDIO3	STUDIO1	STUDIO2	STUDIO3	STUDIO1	STUDIO2	STUDIO3	CDT Rehearsal 4:00-6:00			ALL SUNDAY CLASSES are reserved for Performance Classes & CDTS Company dancers. Entrance ONLY BY INVITATION of the Director.				
4:30																						
4:45	4:30-6:00	4:30-5:45					4:45-5:45 JAZZ 4 BM	4:45-6:00 BALLET GRADE 1 MAS			4:30-6:00											
5:00	5:15-6:00 CREATIVE MOVEMENT/ PREBALLET NO	BALLET GRADE 3 MAS	BALLET GRADE 2 CJ		5:00-6:00 SENIOR HIP HOP OM					5:00-6:00 JAZZ 5 BM	BALLET GRADE 3 CJ	Private/Semi Private 1hr Sessions with Micaela available by appointment Contact Micaela: Director@coastaldance.ca SEPT-APRIL Thursdays 6pm, 7pm, 8pm Fridays 5pm, 6pm, 7pm										
5:15																						
5:30																						
5:45		5:45-7:15					5:45-6:45 PRIMARY BM	6:00-7:30	6:00-7:00 JAZZ 3 BM	6:00-7:30	BALLET GRADE 5 CJ											
6:00	6:00-6:45 PRE PRIMARY NO	6:00-7:00 MODERN 2/3 MAS	BALLET INTERMEDIATE FOUNDATION CJ	6:00-7:00 Modern 4/5 LC	6:00-7:00 AGES12+ BODY CONDITIONING JC	6:00-7:00 ADV HIP HOP OM	6:15-7:15 BEGINNER HIPHOP AM	6:00-7:30														
6:15								6:45-7:45	7:00-8:15 TEEN BEGINNER BALLET BM	7:30-8:00 INTERMEDIATE FOUNTINE MAS	7:00-8:00 AdultFBT conditioning BM										7:30-9:30	BALLET ADVANCED 1 & POINTE
6:30								7:30-8:30 HIP HOP JUNIOR AM	7:45-8:45	8:00-9:30 BALLET INTERMEDIATE MAS												
6:45	7:00-9:00 BALLET Intermediate LM	7:00-7:45 ADV FOUNDATION/ ADV1 POINTE MAS	7:15-7:45 INTERMEDIATE FOUNDATION POINTE CJ	7:00-8:15 ADVANCED FOUNDATION	7:00-8:15 INTERMEDIATE FOUNDATION / INTERMEDIATE	7:00-8:15 ADVANCED 1			Private session 6pm,7pm,8pm with Micaela													
7:15		7:45-9:30	7:45-9:30 ADV FOUNDATION	8:15-9:30 INTERMEDIATE FOUNDATION/ INTERMEDIATE	8:15-9:30 ADVANCED 1	8:15-9:30 ADVANCED FOUNDATION																
7:30																						
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	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			