



CDT COMPLETE DANCE TRAINING

9/U PERFORMANCE STREAM

AGE OF 1ST OF JAN

2022

MONDAY

Conditioning

Tumbling

Technique

Students are graded and placed into level, times depend on levels

TUESDAY

4:15PM - Level 3 Glenn Wood Tap

4:45PM - Level 4 Glenn Wood Tap

5:15PM - RAD Grade 2 Ballet

5:15PM - RAD Grade 3 Ballet

THURSDAY

4:15PM - Jazz

5:00PM - Musical Theatre

5:45PM - DINNER BREAK

6:00PM - Lyrical/ Contemp

6:45PM - Hip Hop