

Marr Mac Performance Schedule - Vaganova Ballet & Competitive Classes

September 2024 to June 2025

	Monday	Tuesday	Wednesday	Thursday		
MMP Minis Ages 5-7	5:15-6:00 MMP Minis Ballet Ages 5-7 Comp (Deanna)		4:30-5:30 MMP Minis Jazz Tech & Choreo (Bridget)		Looking for a dance discipline you don't see here? Check out our recreational schedule! Some classes such as Tap, Hip Hop or Lyrical may be non-competitive, but still fit with your schedule!	
	MMP Minis is an introduction to competition. Students may register in one or both MMP Minis classes, with no other class requirements. Students will take part in 1-2 fun Spring Festivals, plus the year end show					
	Monday	Tuesday	Wednesday	Thursday	Looking for a dance discipline you don't see here? Check out our recreational schedule! Some classes such as Tap, Hip Hop or Lyrical may be non-competitive, but still fit with your schedule!	
Prep Ages 7-8 yrs	5:45-6:45 V Prep Ballet (Bridget)		4:30-5:30 MMP Prep Jazz Tech & Choreo (Deanna)			
	Monday	Tuesday	Wednesday	Thursday	Looking for a dance discipline you don't see here? Check out our recreational schedule! Some classes such as Tap, Hip Hop or Lyrical may be non-competitive, but still fit with your schedule!	
Level 1 Ages 8-10 yrs			5:30-6:30 VB1 (Ashley)	4:30-5:30 Stretch & Strength Age 8+ (Marie & Deanna)		
			6:45-8:00 MMP Level 1 Jazz Tech & Choreo (Noelle)	5:30-6:30 Age 8+ Acro* (Nadia)		
			8:00-8:45 MMP Level 1/ 2 Lyrical Choreo (Noelle)	*Must be taking Stretch and Strength to take Acro		
	Monday	Tuesday	Wednesday	Thursday	Saturday	
Level 2 Ages 10-11 yrs			5:30-6:45 MMP Level 2 Jazz Tech & Choreo (Noelle)	4:30-5:30 Stretch & Strength Age 8+ (Marie & Deanna)	11:30-12:45 VB 2 (Ashley)	
			6:45-8:00 VB2 (Bridget + Ashley)	5:30-6:30 Age 8+ Acro* (Nadia)	2:00-3:00 MMP Ballet Choreography (Cathy & Bridget)	2:00-3:00 MMP Level 2/3 Hip Hop (Maya)
			8:00-8:45 MMP Level 1/ 2 Lyrical Choreo (Noelle)	*Must be taking Stretch and Strength to take Acro		
	Monday	Tuesday	Wednesday	Thursday	Saturday	
Level 3 Ages 12-13 yrs	6:45-8:00 Level 3 Jazz Tech	4:30-6:00 VB 3 (Deanna)	4:30-5:30 MMP Team Warm- Up and Mental Skills Level 3+ (Marie)	4:30-5:30 Stretch & Strength Level 2+ (Marie & Deanna)	12:00-1:30 VB 3 (Bridget)	
			5:30-6:15 Lyrical Large Group Level 3+(Bridget)	5:30-6:30 Level 2+ Acro* (Nadia)	2:00-3:00 MMP Ballet Choreography (Cathy & Bridget)	2:00-3:00 MMP Level 2/3 Hip Hop (Maya)
			6:30-7:15 Jazz Large Group** Level 3+ (Marie)	6:30-7:45 Jumps & Turns Level 3+ (Nadia)		
			7:15-8:00 Contemporary Large Group Level 3+ (Deanna)	7:45-8:45 MMP Tap Level 3+ (Nadia)		

Colour Legend
MMP Competitive Classes
Vaganova Ballet
Support Classes
Please note: MMP and Vaganova classes have minimum class requirements. Please email 1968@marmac.com for more information

*Must be taking Stretch and
Strength to take Acro

	Monday	Tuesday	Wednesday	Thursday	Saturday	
Level 4 Ages 14-16 yrs	4:30-5:45 Level 4/5 Jazz Tech (Bridget)	4:30-6:00 VB 4 (Cathy)	4:30-5:30 MMP Team Warm-Up and Mental Skills Level 3+ (Marie)	4:30-5:30 Stretch & Strength Level 2+ (Marie & Deanna)	10:00-11:45 VB4 (Cathy)	
	6:45-8:15 Level 4/5/6 Supplemental Ballet Class (Bridget)	6:00-6:45 Level 4/5/6 Pointe (Cathy)	5:30-6:15 Lyrical Large Group Level 3+(Bridget)	5:30-6:30 Level 2+ Acro* (Nadia)	2:00-3:00 MMP Ballet Choreography (Cathy & Bridget)	
	8:15-9:15 Level 4/5 Tap (Vincenzo)		6:30-7:15 Jazz Large Group** Level 3+ (Marie)	6:30-7:45 Jumps & Turns Level 3+ (Nadia)	3:00-4:00 MMP WGH Hip Hop Level 4+ (Emily)	
			7:15-8:00 Contemporary Large Group Level 3+ (Deanna)	7:45-8:45 MMP Tap Level 3+ (Nadia)		
			8:00-9:00 Tap Large Group Level 4+ (Vinny)	*Must be taking Stretch and Strength to take Acro		
	Monday	Tuesday	Wednesday	Thursday	Saturday	
Level 5 Ages 16 yrs & up	4:30-5:45 Level 4/5 Jazz Tech (Bridget)	6:00-6:45 Level 4/5/6 Pointe (Cathy)	4:30-5:30 MMP Team Warm-Up and Mental Skills Level 3+ (Marie)	4:30-5:30 Stretch & Strength Level 2+ (Marie & Deanna)	11:45-1:15 VB5/6 (Cathy)	
	6:45-8:15 Level 4/5/6 Supplemental Ballet Class (Bridget)	6:45-8:15 VB 5/6 (Cathy)	5:30-6:15 Lyrical Large Group Level 3+(Bridget)	5:30-6:30 Level 2+ Acro* (Nadia)	2:00-3:00 MMP Ballet Choreography (Cathy & Bridget)	
	8:15-9:15 Level 4/5 Tap (Vincenzo)		6:30-7:15 Jazz Large Group** Level 3+ (Marie)	6:30-7:45 Jumps & Turns Level 3+ (Nadia)	3:00-4:00 MMP WGH Hip Hop Level 4+ (Emily)	
			7:15-8:00 Contemporary Large Group Level 3+ (Deanna)	7:45-8:45 MMP Tap Level 3+ (Nadia)		
			8:00-9:00 Tap Large Group Level 4+ (Vinny)	*Must be taking Stretch and Strength to take Acro		Aug 14, 2024 Schedule Subject to Change