



TIMETABLE 2026

VSD Studio - Everyone Active, Hemel Hempstead

(Located on the first floor next to the squash courts)

Monday	
4:30 - 5:30pm	SENIOR / ADV JAZZ
5:30 - 7:30pm	PERFORMERS
7:30 - 8:15pm	ADULT TAP
8:15 - 8:45pm	ADV (INTER) TAP
Tuesday	
4:00 - 4:30pm	BABY BALLET
4:30 - 5:30pm	LITTLE STARS
5:30 - 6:00pm	MUSICAL THEATRE MINI'S
6:00 - 6:45pm	STREET DANCE JUNIORS
6:45 - 7:30pm	MINI PERFORMERS
7:30 - 8:15pm	MUSICAL THEATRE
8:15 - 9:15pm	ADV / SENIOR CONTEMPORARY
Wednesday	
4:00 - 4:45pm	JUNIOR TAP
4:45 - 5:30pm	JUNIOR JAZZ / MODERN
5:30 - 6:15pm	JUNIOR BALLET
6:15 - 7:15pm	SENIOR (G5) BALLET & PRE POINTE
7:00 - 7:15PM	PRE POINTE / STRENGTH / CONDITIONING BALLET
7:00 - 8:00pm	ADV (INTER) BALLET
8:00 - 8:45pm	POINTE
THURSDAY	
4:30 - 5:15pm	INTER (G3) TAP
5:15 - 6:00pm	INTER JAZZ / MODERN
6:00 - 6:45pm	STREET DANCE INTERS
6:45 - 7:30pm	INTER / SENIOR CONTEMPORARY
7:30 - 8:15pm	SENIOR (G4) TAP
8:15 - 9:15pm	STREET DANCE ADV / SENIORS
Friday	
4:30 - 5:15pm	INTER BALLET (G3)
5:15 - 6:00pm	STRETCH & STRENGTH