| | Maanantai | | | Tiistai | | | Keskiviikko | | | Torstai | | | Perjantai | | Sunnuntai | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 3 | Sali 2 | Sali 1 | Sali 2 | Sali 3 | Sali 1 | Sali 2 | Sali 1 | Sali 2 | Sali 3 |
| 14.00-14.15 | | | | | | | | | | | | | | | | | |
| 14.15-14.30 | Aikuisille | | | | | | | | | | | | | | | | |
| 14.30-14.45 | Lisätunnit | | | | | | | | | | | | | | | | |
| 14.45-15.00 | | | | | | | | | | | | | | | Aikuisten pt 2 | | |
| 15.00-15.15 | | | | | | | | | | | | | | | klo 14.45-16 | | |
| 15.15-15.30 | | | | | | | | | | | | | | | | | |
| 15.30-15.45 | | | | | | | | | | | | | | | | | |
| 15.45-16.00 | | | | | | | | | | | | | | | Arja | | |
| 16.00-16.15 | | | | Syventävä | | | | | | | | | | | Aikuisten point | | |
| 16.15-16.30 | | | | ekstra-tunti | | | | | | | | | | | klo 16-16.45 | | |
| 16.30-16.45 | Point jatko | | | klo 16-17 | | | Keskilattia | | | Tekniikka Ek Pro | | | | | Arja | | |
| 16.45-17.00 | klo 16.30-17.30 | Tenavat | | Arja | | | tekniikka | | | klo 16.30-18.15 | | | | | Aikuisten pt 1 | | |
| 17.00-17.15 | | klo 16.45-17.30 | | Baletti 7 | Point valmentava | | klo 16.30-17.45 | | | | Baletti 6 | Tekniikka Ek 1 | Vaihtuva | | klo 16.45-18 | Variaatio 3 | Variaatio 3 |
| 17.15-17.30 | Selina | Arja | | klo 17-18.30 | klo 17-17.30 | | | | | | klo 17-18.15 | Ek 1 ja Ek 2 | teematunti | | | klo 17-18.30 | klo 17-18.30 |
| 17.30-17.45 | Point pt 1 EK | Taaperot (Arja) | Esibaletti | | Baletti 3 | Tekniikka | Arja | | Taaperot (Venla) | | | klo 17.00-18.15 | klo 17-18 | | | | |
| 17.45-18.00 | klo 17.30-18.15 | klo 17.30-18 | klo 17.30-18.15 | | klo 17.30-18.30 | Ek-valmentava | Tekniikka Ek 3 | | klo 17.30-18.00 | | | | Arja | | Arja | | |
| 18.00-18.15 | Selina | Baletti 8 | Essi | | | klo 17.30-18..15 | klo 17.45-19.15 | | Tenavat | Arja | Venla | Essi | Karakteri | BA | BA | | |
| 18.15-18.30 | Baletti 5 EK | klo 18-19.30 | Baletti 5 | Arja | Venla | Baletti 1 | | | klo 18.00-18.45 | Nykäri, alkeet 13+ | Baletti 4 | Baletti 2 | klo 18-19 | klo 18-20 | klo 18-20 | Ilona/Arja | Ilona/Arja |
| 18.30-18.45 | klo 18.15-19.30 | | klo 18.15-19.30 | Point pt 2 | Point alkeet | klo 18.15-19.15 | | | Venla | klo 18.15-19.15 | klo 18.15-19.15 | klo 18.15-19.15 | | | | Repertuaari 4 | Repertuaari 4 |
| 18.45-19.00 | | | | klo 18.30-19.15 | klo 18.30-19 | | | | Aikuisten pt 1 | | | | Arja | | | klo 18.30-19.45 | klo 18.30-19.45 |
| 19.00-19.15 | | | | Arja | Aikuisten alkeet | Eeva | Arja | | klo 18.45-20.00 | Selina | Venla, Essi | Arja | Hypyt ja piruetit | | | | |
| 19.15-19.30 | Selina | Arja | Essi | Repertuaari 3 | klo 19.00-20.00 | Keho 1 | Variaatio 2 | Variaatio 1 | | Floor Work 13+ | Repertuaari 1-2 | | klo 19-20 | | | | |
| 19.30-19.45 | Jazz | Aikuisten pt 1/2 | Point pt 1 | klo 19.15-20.30 | | klo 19.15-20 | klo 19.15-20.30 | klo 19.15-20.15 | | klo 19.15-20 | klo 19.15-20 | | | | | Ilona/Arja | Ilona/Arja |
| 19.45-20.00 | klo 19.30-21 | klo 19.30-20.45 | klo 19.30-20.15 | | Essi | Eeva | | | Venla | Selina | Essi, Venla | | Ilona | | | | |
| 20.00-20.15 | | | Essi | | | | | Arja | | Keho 2 | | | Venyttely (Zoom) | | | | |
| 20.15-20.30 | | | | Arja | | | Arja | | | klo 20-21 | | | klo 20-21 | | | | |
| 20.30-20.45 | | Arja | | | | | | | | | | | | | | | |
| 20.45-21.00 | Selina | | | | | | | | | Selina | | | Ilona | | | | |
| 21.00-21.15 | | | | | | | | | | | | | | | | | |
| 21.15-21.30 | | | | | | | | | | | | | | | | | |