

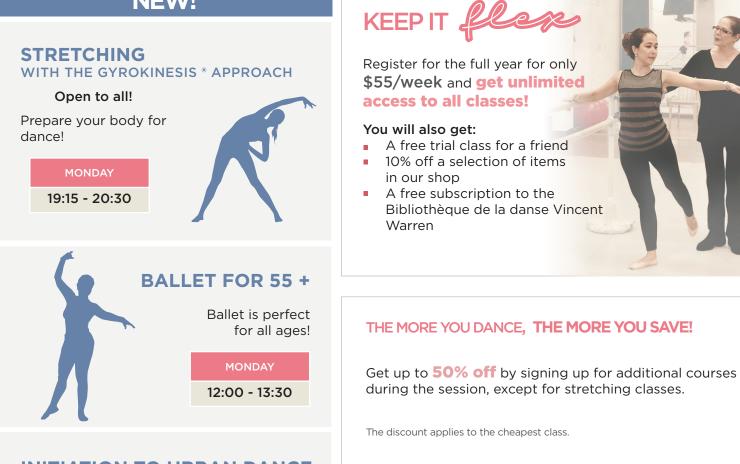
FALL SEASON | FROM SEPTEMBER 15TH TO DECEMBER 16TH

CLASS / SCHEDULE Subject to a sufficient number of registrations	SESSION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ballet initiation	325\$		19:15 - 20:45	18:45 - 20:15	19:15 - 20:45		
Beginner	325\$	11:30 - 13:00 🔘		18:45 - 20:15		18:45 - 20:15	
Elementary	325\$	13:00 - 14:30 🥘	13:45 - 15:15 🍥	18:45 - 20:15		18:45 - 20:15	
Pre-intermediate	325\$	09:30 - 11:00 🍥		18:30 - 20:00	12:00 - 13:30 () 20:05 - 21:35		
Pre-intermediate pointes (7 weeks)	84\$	11:00 - 11:30 🔘		20:05 - 20:35	13:35 - 14:05 🍥		
Intermediate	325\$		20:00 - 21:30				
Intermediate + repertoire	390\$						18:15 - 20:00
Intermediate + repertoire + pointes	546\$						18:15 - 20:00 + 20:05 - 20:35
Advanced	325\$			18:30 - 20:00		18:30 - 20:00	
Advanced pointes (7 weeks)	84\$					20:05-20:35	
Ballet men	325\$		18:30 - 20:00				
Ballet energy I-II	325\$			18:45 - 20:15			
Ballet energy III-IV	325\$		19:30 - 21:00				
Pilates (all levels)	208\$	13:15 - 14:15 🍥				18:45 - 19:45	
Ballet classes for 55+ (all levels)	325\$		12:00 - 13:30 🤅)			
Stretching + Gyrokinesis * (all levels)	260\$		19:15 - 20:30				
N Initiation to urban dance (all levels)	293\$			18:30 - 19:45			
Day courses New	courses	D	etails and r	egistration o	on www.e	sbq.ca	

Want to try a class?

First create your online account to speed up the process for your visit.

NEW!



INITIATION TO URBAN DANCE

Open to all!

Come and dance different urban styles on a vibrant and dynamic music.

18:30 - 19:45



Parking

Please indicate to the reception the parking space number you're occupying.

Price: \$4

Monday and Friday 17:00 - 22:00 08:45 - 17:00 Saturday Sunday 09:00 - 16:30

Changing room Ground floor level

Clothes, shoes and boots should remain in a locker during classes. Use a padlock and make sure you do not forget any personal belongings.

L'École supérieure is not responsible for any lost or stolen items..

SEPTEMBER 2019					OCTOBER 2019						NOVEMBER 2019							DECEMBER 2019										
Μ	т	w	т	F	S	S	М	т	w	т	F	S	S		м	т	w	т	F	S	S	м	т	w	т	F	S	s
						1		1	2	3	4	5	6						1	2	3							1
2	3	4	5	6		8	7	8	9	10	11	12	13		4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20		11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27		18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31					25	26	27	28	29	30		23	24	25	26	27	28	29
30																						30	31					
7 - Classes begin 12, 13 and 14 -							Thai	nksg	iving	9		24 - Registration for winter session								December 17 th to January 5 th - Holiday season								