



LANGLEY SEPT '26 - JUNE '27

STUDIO SCHEDULE

CHOOSE YOUR LEAGUE:

Refer to our [Program Guide](#) to determine which classes are best for your dancer!

TINY KINGS - AGE 3 - 4

MINI KINGS - AGES 5 - 7

JUNIOR KINGS - AGES 8 - 10

VARSITY KINGS - AGES 11 - 13

SENIOR KINGS - AGES 14 - 18

ADULT - AGES 19+



STAGE LEAGUE

Performance & Choreography

Champion Stage
Coming Soon

Home Stage
Level 1
Beginner
2 Classes

Local Stage
Level 2 - 3
Pre-Competitive
2-3 Classes

Premiere Stage
Level 3 - 4
Competitive
4 Classes



BATTLE LEAGUE

Freestyle & Battle Training

All-Star Tech
Coming Soon

Skill Building
Level 1 + Up
All Levels
1+ Classes

Freestyle Tech
Level 1 + Up
Pre-Competitive
2+ Classes

Battle Tech
Level 2 + Up
Competitive
3+ Classes

MONDAY

3-4 PM

TUESDAY

SKILL - HIP HOP AGE 3-4
Level 1 - Sosa
3:00 - 3:30 PM

SKILL - HIP HOP AGE 8-10
Level 1 - Sosa
3:35 - 4:30 PM

SKILL - HIP HOP AGE 3-4
Level 1 - Sosa
4:30 - 5:00 PM

SKILL - HIP HOP AGE 5-7
Level 1 - Sosa
5:05 - 6:00 PM

SKILL - HIP HOP AGE 11-13
Level 1 - Sosa
6:05 - 7:00 PM

ADULT HIP HOP AGE 19+
Level 1 - Sosa
7:05 - 8:05 PM

WEDNESDAY

HOME - ROBOT/HIP HOP AGE 3-4
Level 1 Team | UltraMan
3:15 - 4:00 PM
*Requirements: Tech included

HOME - ROBOT AGE 3-4
Level 2 Team | TBD
4:00 - 4:45 PM
*Requirements: Tech included

HOME - POPPING AGE 5-7
Level 1 | UltraMan
4:50 - 5:35 PM
*Requirements: 2 Classes
Popping Skill + Team

SKILL - POPPING AGE 5-7
Level 1 | UltraMan
5:35 - 6:20 PM

SKILL - POPPING AGE 6-7
Level 2 | UltraMan
6:25 - 7:25 PM

SKILL - HIP HOP AGE 14-18
Level 1 - TBD
7:25 - 8:25 PM

THURSDAY

HOME - HIP HOP AGE 5-7
Level 1 Team | TBD
3:15 - 4:00 PM
*Requirements: 2 Classes
Popping Skill + Team

SKILL - HIP HOP AGE 5-7
Level 1 | TBD
4:00 - 4:45 PM

HOME - HIP HOP AGE 3-4
Level 1 Team | TBD
4:50 - 5:35 PM
*Requirements: Tech included

HOME - HIP HOP AGE 8-10
Level 1 Team | TBD
5:40 - 6:35 PM
*Requirements: 2 Classes
Hip Hop Skill + Team

SKILL - HIP HOP AGE 8-10
Level 1 | TBD
6:35 - 7:20 PM

SKILL - HIP HOP AGE 14-18
Level 1 - TBD
7:20 - 8:20 PM

FRIDAY

3-4 PM

HOME - BREAKING AGE 3-4
Level 1 | Mar
4:00 - 4:45 PM

HOME - BREAKING AGE 5-7
Level 1 | Mar
4:45 - 5:30 PM
*Requirements: 2 Classes
Breaking Skill + Team

SKILL - BREAKING AGE 5-7
Level 1 Team | Mar
5:30 - 6:15 PM

HOME - BREAKING AGE 11-13
Level 1 | Mar
6:20 - 7:05 PM
*Requirements: 2 Classes
Breaking Skill + Team

SKILL - BREAKING AGE 11-13
Level 1 Team | Mar
7:05 - 7:50 PM

ADULT BREAKING AGE 19+
Level 1 - Mar
8:00 - 9:00 PM

SATURDAY

9-10 AM

HOME - BREAKING AGE 3-4
Level 1 Team | TBD
9:30 - 10:15 AM
*Requirements: Tech included

10-11 AM

HOME - BREAKING AGE 5-7
Level 1 Team | TBD
10:15 - 11:00 AM
*Requirements: 2 Classes
Breaking Skill + Team

11-12 PM

SKILL - BREAKING AGE 5-7
Level 1 | TBD
11:00 - 11:45 AM

12-1 PM

HOME - BREAKING AGE 8-10
Level 1 Team | TBD
11:50 - 12:34 PM
*Requirements: 2 Classes
Breaking Skill + Team

1-2 PM

SKILL - BREAKING AGE 8-10
Level 1 | TBD
12:35 - 1:20 PM

Skill Building - Only Option: You can enrol in just the Skill Building portion of any program if you want the training without the commitment of performing or battling.

Stage League - Required Classes: To enrol in a Stage Team, dancers must be enrolled in the required Skill Building classes. While you can take a Skill class at a different time/day than your Team block, you cannot participate in a Team without the corresponding Skill training.

Electives: For programs requiring an elective, any Skill or Battle Tactics class qualifies. Note: K-Pop does not count as an elective.