



StepUp

**YSTÄVÄVIKKO STEPUP  
SCHOOLISSA 30.1.–5.2.2023**

Aikatauluun merkityt tunnit ovat mukana ystäväviikon  
kampanjassa.

### Maanantai, Espoo

15.45 - 16.40	Show	10–12 v. alkeet	55	Laura H.	1
16.00 - 16.55	Street	10–12 v. alkeet	55	Eino	2
16.00 - 16.55	Commercial	10–15 v. alkeet	55	Veera	3
16.45 - 17.40	Show Jazz	13+ alkeet	55	Laura H.	1
17.00 - 17.55	Street	13+ keskitaso	55	Eino	2
18.00 - 18.55	Show Jazz	30+ alkeet	55	Mindy	3
19.00 - 20.25	Show Jazz	30+ keskitaso/ed.	85	Mindy	3
19.15 - 20.10	Hip Hop	16+ keskitaso	55	Nora	2
19.30 - 20.25	Commercial	13+ keskitaso	55	Veera	1

### Maanantai, Helsinki

<b>15.30 - 16.25</b>	<b>Pilates + Kehonhuolto</b>	<b>16+</b>	<b>ER</b>	<b>Pekka</b>	<b>3</b>
16.00 - 16.55	Boys' Club	10–15 v. alkeet	55	Pasi	5
16.15 - 17.10	Show	10–12 v. keskitaso	55	Sanna	2
16.15 - 17.10	Show	10–12 v. alkeet	55	Anu	4
16.15 - 17.10	Street	10–15 v. alkeet	55	Katri	6
17.00 - 18.10	Broadway Jazz	16+ alkeet	70	Marco	1
17.00 - 17.40	Boys' Club	7–9 v.	40	Pasi	5
17.15 - 18.25	Show Jazz	13–15 v. keskitaso	70	Sanna	2
17.15 - 17.55	Street	7–9 v.	40	Katri	6
18.15 - 19.10	Broadway Tap (Steppi)	keskitaso	55	Elina H.	4
18.30 - 19.25	Show Jazz	16+ keskitaso	55	Sanna	2
19.00 - 20.10	Street	13–15 v. keskitaso	70	Pasi	5
19.15 - 20.40	Broadway Jazz	16+ edistyneet	85	Marco	1
19.15 - 20.10	Swing Soolo	alkeet	55	Masi	4
19.30 - 20.25	Lyrical Jazz	16+ keskitaso	55	Sanna	2
20.00 - 20.55	Hip Hop	30+ keskitaso	55	Katri	6
20.15 - 21.10	Swing Soolo	alkeisjatko	55	Masi	4
20.15 - 21.25	Hip Hop	16+ keskitaso/edistyneet	70	Pasi	5 *
20.45 - 21.55	Power Flow	16+	70	Marco	1

### Maanantai, Vantaa

16.15 - 17.10	Show	10–12 v. alkeet	55	Netta	2
17.00 - 17.40	Show	5–6 v.	40	Juha	1
17.45 - 18.25	Show	3–4 v.	40	Juha	1
18.15 - 18.55	Show	7–9 v.	40	Netta	2
18.30 - 19.25	Easy Latin	30+ alkeet	55	Juha	1
19.00 - 19.55	Show Jazz	13+ alkeet	55	Netta	2
20.00 - 20.55	Show Jazz	13+ keskitaso	55	Netta	2

### Maanantai, Tapanila

16.30 - 17.25	Show	10–15 v. alkeisjatko		Aurora	
17.30 - 18.10	Show	5–6 v.		Aurora	
18.15 - 18.55	Show	7–9 v.		Aurora	
20.00 - 20.55	Latino Show	30+ alkeisjatko		Aurora	

\* Hip Hop Trainees -ryhmän treenitunti, jolle saavat osallistua myös muut keskitaso/edistyneet oppilaat

**Tiistai, Espoo**

15.45 - 16.40	Commercial	10–15 v. alkeet	55	Nora	2
16.15 - 17.10	Show	10–12 v. alkeet	55	Anu	1
16.45 - 17.40	Commercial	13–15 v. keskitaso	55	Nora	2
17.00 - 17.55	Happy Hour	60+ alkeet	55	Marco	3
17.15 - 17.55	Show	5–6 v.	40	Juha	4
18.45 - 19.25	Show	7–9 v.	40	Anu	1
19.00 - 20.10	Broadway Jazz	16+ keskitaso	70	Marco	3
20.00 - 20.55	Show Burlesque	30+ alkeet	55	Marina	4
20.15 - 21.25	Power Flow	16+	70	Marco	2

**Tiistai, Helsinki**

15.45 - 16.40	Show	10–15 v. alkeet	55	Elina L.	5
16.15 - 17.25	Contemporary Floorwork	keskitaso/edistyneet	70	Laura H.	1
16.45 - 17.40	Show	10–12 v. alkeisjatko	55	Elina L.	5
17.30 - 18.55	Contemporary Jazz	30+ keskitaso	85	Jari	1
17.45 - 18.25	Skene avoin	7–10 v.	40	Elina L.	3
18.30 - 19.10	Skene satutanssi	3–5 v.	40	Elina L.	3
19.00 - 19.55	Lyrical Jazz	16+ alkeet	55	Jari	1
19.00 - 20.10	Baletti	16+ alkeet	70	Fatima	4
19.45 - 20.40	Latino Show	30+ keskitaso	55	Marko	5
20.00 - 21.25	Contemporary Jazz	16+ edistyneet	85	Jari	1
20.15 - 21.10	Syvävenyttely	16+	55	Fatima	4 H

**Tiistai, Vantaa**

16.15 - 17.10	Commercial	10–12 v. alkeet	55	Veera	2
16.45 - 17.40	Show	10–15 v. keskitaso	55	Sanna	1
17.15 - 17.55	Dancemix	7–9 v.	40	Veera	2
19.00 - 19.55/20.10	Show Jazz + Venyttely	30+ keskitaso	55/70	Sanna	1 *
19.00 - 19.55	Commercial	10–12 v. keskitaso	55	Veera	2
20.00 - 20.55	Commercial	13+ keskitaso	55	Veera	2

**Tiistai, Tapanila**

16.15 - 17.10	Commercial	10–15 v. alkeet		Anni	
17.15 - 17.55	Dancemix	5–6 v.		Anni	
18.00 - 18.40	Dancemix	7–9 v.		Anni	
18.45 - 19.40	Commercial	13+ keskitaso		Anni	

**H tunti pidetään hybridituntina (lähiopetus + Zoom)**

\* voit osallistua joko 55 min tanssitunnille tai 70 min tunnille, johon sisältyy myös 15 min venyttelyosuus

**Keskiviikko, Espoo**

15.30 - 16.25	Show	10–12 v. keskitaso	55	Sanna	2
16.00 - 16.55	Show	10–12 v. alkeet	55	Marianne	1
16.00 - 16.55	Street	10–12 v. alkeet	55	Ida	4
16.30 - 17.25	Show Jazz	13+ keskitaso	55	Sanna	2
16.30 - 17.40	Jazz	16+ keskitaso/edistyneet	70	Rosa	3
17.00 - 17.40	Show	5–6 v.	40	Marianne	1
17.00 - 17.40	Street	3–4 v.	40	Ida	4*
18.30 - 19.10	Show	7–9 v.	40	Sanna	2
19.15 - 20.25	Show Jazz	30+ alkeisjatko	70	Mindy	2
19.15 - 20.10	Hip Hop	16+ alkeet	55	Ida	4
19.45 - 20.55	Baletti	16+ alkeet	70	Fatima	1
20.30 - 21.25	Kehonhuolto		55	Mindy	2

**Keskiviikko, Helsinki**

10.15 - 11.10	Easy Latin	60+ alkeet	55	Juha	5
11.15 - 12.10	Easy Latin	30+ alkeet	55	Juha	5
16.00 - 16.55	Commercial	13–15 v. keskitaso	55	Sebastian	5
16.15 - 17.10	Commercial	10–15 v. alkeet	55	Veera	1
16.15 - 17.10	Latino Show	10–15 v. alkeet	55	Anniina	4
16.15 - 17.10	Street	13–15 v. keskitaso	55	Katri	6
16.30 - 17.25	Show Jazz	13+ alkeisjatko	55	Sanni	2
17.15 - 17.55	Dancemix	7–9 v.	40	Veera	3
17.15 - 17.55	Easy Latin	30+ alkeet	40	Anniina	4
18.00 - 18.55	Latino Show	30+ alkeisjatko	55	Anniina	4
18.15 - 19.10	Hip Hop	30+ keskitaso	55	Katri	6
18.45 - 19.55	Lyrical Jazz	16+ keskitaso	70	Sanni	2
19.00 - 20.10	Broadway Jazz	16+ keskitaso	70	Marco	1
19.15 - 20.10	Waacking	avoin taso	55	Katri	6
20.00 - 21.10	Lyrical Jazz	30+ keskitaso	70	Sanni	2
20.00 - 21.10	Jazzy Latin	16+ keskitaso	70	Anniina	4
20.15 - 21.25	Power Flow	16+	70	Marco	1

**Keskiviikko, Vantaa**

16.15 - 17.10	Boys' Club	10–15 v. alkeet	55	Pasi	1
16.15 - 17.10	Street	10–12 v. alkeet	55	Anni	2
17.15 - 17.55	Boys' Club	7–9 v.	40	Pasi	1
17.15 - 17.55	Street	5–6 v.	40	Anni	2
18.00 - 18.40	Street	7–9 v.	40	Anni	2
18.45 - 19.40	Street	13+ alkeet	55	Anni	2
19.45 - 20.40	Street	13+ keskitaso	55	Anni	2

**Keskiviikko, Tapanila**

16.15 - 17.10	Show	10–12 v. alkeet		Laura	
17.15 - 17.55	Show	3–4 v.		Laura	
18.00 - 18.40	Show	5–6 v.		Laura	
18.45 - 19.25	Show	7–9 v.		Laura	

\* en tvåspråkig timme / kaksikielinen tunti

**Torstai, Espoo**

16.00 - 16.55	Show	10–12 v. alkeet	55	Noora	1
16.00 - 16.55	Street	10–12 v. alkeet	55	Netta	2 *
16.00 - 16.55	Street	13+ alkeet	55	Kashika	4
16.45 - 17.40	Lyrical Jazz	13+ keskitaso	55	Jari	3
17.00 - 17.55	Show Jazz	13+ alkeet	55	Noora	1
17.00 - 17.40	Dancemix	7–9 år	40	Netta	2 **
18.00 - 18.40	Show	7–9 v.	40	Noora	4
19.00 - 19.55	Show Jazz	13+ keskitaso	55	Noora	1
19.15 - 20.10	Contemporary Jazz	30+ alkeet	55	Jari	3
20.00 - 21.10	Lyrical Jazz	16+ keskitaso	70	Noora	1
20.00 - 21.10	Hip Hop	30+ keskitaso	70	Kashika	2
20.15 - 21.25	Contemporary Jazz	30+ keskitaso	70	Jari	3

**Torstai, Helsinki**

<b>8.00 - 8.55</b>	<b>Aamupilates</b>	<b>16+</b>	<b>ER Pekka</b>	<b>5</b>
16.15 - 17.10	Commercial	10–15 v. alkeet	55 Nora	2
16.30 - 17.10	Dancemix Special	13–20 v. alkeet	40 Elina L.	6
16.45 - 17.25	Street	7–9 v.	40 Heikki	3
17.00 - 17.55	Show Jazz	30+ alkeet	55 Mindy	1
17.15 - 18.10	Hip Hop	16+ alkeet	55 Nora	2
17.15 - 17.55	Skene Special	7–12 v. alkeet	40 Elina L.	6
17.30 - 18.10	Street	3–4 v.	40 Heikki	3
18.00 - 19.25	Show Jazz	30+ keskitaso	85 Mindy	1
18.15 - 19.10	Hip Hop	16+ keskitaso	55 Nora	2
19.00 - 19.55	Show Burlesque	30+ alkeet	55 Marina	3
19.00 - 19.55	Street	10–12 v. alkeet	55 Heikki	6
19.15 - 20.10	Commercial	16+ keskitaso	55 Nora	2
19.30 - 20.25	Show Jazz Heels	keskitaso/edistyneet	55 Mindy	1
19.30 - 20.40	Baletti	16+ alkeet	70 Fatima	4
20.00 - 20.55	Voguing	avoin taso	55 Heikki	6
20.15 - 21.10	Dancehall Fuusio	16+ avoin taso	55 Nora	2
20.30 - 21.55	Jazz/Contemporary	16+ edistyneet	85 Mindy	1

**Torstai, Vantaa**

16.15 - 17.10	Show	10–12 v. alkeet	55	Aurora	2
17.15 - 17.55	Show	5–6 v.	40	Aurora	2
18.00 - 18.55	Commercial	30+ alkeet	55	Aurora	2
19.00 - 19.40	Show	7–9 v.	40	Aurora	2
19.30 - 20.25	Pilates + Kehonhuolto	16+	55	Pekka	1
19.45 - 20.40	Show Jazz	13+ keskitaso	55	Aurora	2

**Torstai, Tapanila**

17.15 - 17.55	Street	7–9 v.	Hozan
18.00 - 18.55	Hip Hop	30+ alkeisjatko	Hozan
19.00 - 19.55	Hip Hop	30+ alkeet	Hozan

\* en tvåspråkig timme / kaksikielinen tunti

\*\* timmen hålls på svenska

**Perjantai, Espoo**

16.00 - 16.55	Show	10–12 v. keskitaso	55	Noora	1
16.00 - 16.55	Boys' Club	10–15 v. alkeet	55	Pasi	2
16.00 - 16.55	Show	10–15 v. alkeet	55	Netta	3
17.00 - 17.55	Commercial	13+ alkeet	55	Noora	4
18.00 - 18.55	Commercial	30+ alkeet	55	Sebastian	1
18.30 - 19.25	Boys' Club	10–15 v. keskitaso	55	Pasi	2
18.00 - 18.55	Commercial	13+ keskitaso	55	Noora	4
19.00 - 19.55	Commercial	16+ alkeet	55	Sebastian	1
20.00 - 20.55	Commercial	16+ keskitaso	55	Sebastian	2

**Perjantai, Helsinki**

15.30 - 16.25	Jumps & Turns	13+ avoin taso	55	Rosa	2
16.15 - 17.10	Commercial	13–15 v. keskitaso	55	Nora	6
16.30 - 17.40	Jazz	16+ keskitaso/edistyneet	70	Rosa	2
16.30 - 17.55	Yin Jooga	16+	85	Eevaliisa	3
17.00 - 17.55	Broadway Jazz	30+ keskitaso	55	Jari	1
17.00 - 17.55	Dance Workout	30+ alkeet	55	Elina L.	4
17.00 - 17.55	Hip Hop	30+ alkeet	55	Masi	5
17.15 - 18.10	Commercial	16+ alkeet	55	Nora	6
17.45 - 18.40	Show Jazz	13+ keskitaso/edistyneet	55	Rosa	2
18.00 - 18.55	Jazz Funk	16+ keskitaso/edistyneet	55	Jari	1
18.00 - 19.10	House	avoin taso	70	Aaron	4
18.00 - 18.55	Electro Swing	avoin taso	55	Masi	5
18.15 - 19.10	Commercial Heels	16+ alkeet	55	Nora	6
19.00 - 19.55	Lyrical Jazz	16+ keskitaso	55	Jari	1
19.00 - 19.55	Hip Hop	30+ alkeisjatko	55	Masi	5
19.15 - 20.25	Commercial	16+ edistyneet	70	Nora	6
20.00 - 21.10	Contemporary Jazz	16+ edistyneet	70	Rosa	2
20.30 - 21.25	Commercial Heels	16+ keskitaso/edistyneet	55	Nora	6

**Perjantai, Vantaa**

16.30 - 17.25	Commercial	10–15 v. alkeet	55	Silja	1
17.15 - 18.25	Baletti	30+ alkeisjatko	70	Tuomas	2
17.30 - 18.25	Commercial	13+ keskitaso	55	Silja	1
18.30 - 19.25	Contemporary Jazz	13+ keskitaso	55	Silja	1
18.30 - 19.25	Baletti	30+ alkeet	55	Tuomas	2

**Lauantai, Espoo**

10.15 - 10.55	Street	7–9 v.	40	Teemu	2
11.00 - 11.55	Easy Latin	30+ alkeet	55	Riku	1
11.00 - 11.55	Street	10–15 v. alkeisjatko	55	Teemu	2
11.15 - 11.55	Show	5–6 v.	40	Katariina	4
12.00 - 12.40	Show	7–9 v.	40	Katariina	1
12.00 - 12.55	Commercial	30+ alkeet	55	Riku	4
12.15 - 13.10	Locking	avoin taso	55	Teemu	2 *
12.45 - 13.40	Show	10–12 v. alkeet	55	Katariina	1
13.45 - 14.40	Show Jazz	13+ keskitaso	55	Katariina	1

**Lauantai, Helsinki**

10.00 - 10.40	Show	3–4 v.	40	Aurora	3
10.45 - 11.25	Show	5–6 v.	40	Aurora	3
10.45 - 11.55	Baletti	30+ alkeet	70	Tuomas	4
11.00 - 11.55	Commercial	30+ alkeisjatko	55	Kashika	6
11.30 - 12.10	Show	7–9 v.	40	Aurora	3
12.00 - 13.10	Baletti	30+ alkeisjatko	70	Tuomas	4
12.00 - 12.55	Hip Hop	30+ alkeisjatko	55	Kashika	6
12.30 - 13.25	Commercial	30+ alkeet	55	Aurora	5
13.00 - 13.55	Commercial	16+ keskitaso	55	Kashika	6
13.30 - 14.25	Show	10–15 v. alkeet	55	Aurora	5
14.00 - 14.55	Hip Hop	16+ keskitaso	55	Kashika	6
14.30 - 15.25	Show Jazz	13+ alkeisjatko	55	Aurora	5

**Lauantai, Vantaa**

11.15 - 11.55	Show	7–9 v.	40	Laura H.	2
12.00 - 12.55	Show	10–12 v. alkeet	55	Laura H.	2
13.00 - 13.55	Show Jazz	13+ keskitaso	55	Laura H.	2

**Lauantai, Tapanila**

10.15 - 10.55	Dancemix	3–4 v.		Netta	
11.00 - 11.40	Dancemix	5–6 v.		Netta	
11.45 - 12.25	Dancemix	7–9 v.		Netta	
12.30 - 13.25	Commercial	10–12 v. alkeet		Netta	

\* tunti sopii hyvin vaikka koko perheelle 7-vuotiaista alkaen

**Sunnuntai, Espoo**

15.45 - 16.25	Skene avoin	5–6 v.	40	Jenny	4
17.00 - 17.55	Show Jazz	30+ alkeet	55	Laura H.	2
18.00 - 19.25	Show Jazz	30+ keskitaso	85	Laura H.	2

**Sunnuntai, Helsinki**

15.45 - 16.40	Commercial	10–15 v. alkeet	55	Silja	4
16.00 - 17.10	Show Jazz	30+ alkeet	70	Peter	1
16.45 - 17.40	Contemporary Jazz	13+ alkeet	55	Silja	4
17.00 - 17.55	Commercial	30+ alkeet	55	Sebastian	6
17.15 - 18.40	Show Jazz	30+ keskitaso	85	Peter	1
17.45 - 18.55	Contemporary Jazz	16+ keskitaso/edistyneet	70	Silja	4
18.00 - 18.55	Commercial	16+ alkeet	55	Sebastian	6
18.45 - 19.55	Stretching		70	Peter	1
20.15 - 21.10	Commercial Heels	16+ keskitaso	55	Sebastian	6