

CLASS TIMETABLE

25 April - 24 July 2022

| Class | Time | Age | Level |
|----------------------|---------------|-------|---------------------|
| Hang Aerial | 9.45-10.45am | 55+ | All |
| In Motion | 11am-12pm | Adult | Admits parent/carer |
| Slow Flow Yoga | 12.30- 1.30pm | 55+ | All |
| Commercial | 5.30-6.30pm | Adult | All |
| Argentine Tango | 5.30-6.30pm | Adult | All |
| Pilates | 6.30-7.30pm | Adult | All |
| Contemporary | 6.30-7.30pm | Adult | Beginners |
| Salsa | 7-8pm | Adult | Improvers |
| Ballet | 7.30-8.30pm | Adult | Improvers |
| Contemporary | 7.30-8.30pm | Adult | Improvers |
| Salsa | 8-9pm | Adult | Beginners |
| Tap | 12-1pm | 55+ | Beginners |
| Fitsteps | 1.15-2.15pm | 55+ | All |
| Ballroom & Latin | 2.30-3.30pm | 55+ | All |
| Fitsteps | 5.30-6.30pm | Adult | All |
| Vinyasa Flow Yoga | 5.30-6.30pm | Adult | All |
| Musical Theatre | 6.30-7.30pm | Adult | All |
| Ballroom | 6.30-7.30pm | Adult | Beginners |
| Jazz | 7.30-8.30pm | Adult | All |
| Ballroom | 7.30-8.30pm | Adult | Improvers |
| Pilates | 11am-12pm | 55+ | All |
| Ballroom & Latin | 1.30-2.30pm | 55+ | All |
| Tap Show Class | 2.30-3.30pm | 55+ | Improvers/Advanced |
| Egyptian Belly Dance | 5.30-6.30pm | Adult | Beginners |
| Afro Mix | 6-7pm | Adult | All |
| Tap | 6.30-7.30pm | Adult | Beginners |
| Egyptian Belly Dance | 7.00-8.00pm | Adult | Improvers |
| Tap | 7.30-8.30pm | Adult | Improvers |
| Hip Hop | 7.30-8.30pm | Adult | All |

Monday

Tuesday

Wednesday

| Class | Time | Age | Level |
|-----------------------------------|-----------------|-------|------------------|
| Ballet | 12-1pm | 55+ | Improvers |
| Ballet | 1-2pm | 55+ | Beginners |
| Contemporary Flow | 2.15-3.15pm | 55+ | All |
| Ballet | 5-6pm | Adult | Beginners |
| Absolute Beginners Tap NEW | 5-6pm | Adult | Beginners |
| Barre Burn | 5.30-6.30pm | Adult | All |
| Contemporary Tap | 6-7pm | Adult | Improvers |
| Dance Workout | 6.30-7.30pm | Adult | All |
| Yin Yoga | 6.45-7.45pm | Adult | All |
| Creative Contemporary | 7-8pm | Adult | All |
| Get Moving | 11.15-12.15pm | Adult | Admits companion |
| Tap | 12.30-1.30pm | 55+ | Improvers |
| Fitsteps | 1.45-2.45pm | 55+ | All |
| Ballet Primary | 4.30-5.30pm | 4-6 | All |
| Contemporary | 5-6pm | 12-17 | All |
| Ballet Junior | 5.30-6.30pm | 7-11 | All |
| Indo Beat NEW | 6-7pm | Adult | All |
| Street | 6.30-7.30pm | Adult | All |
| Ballet Choreography NEW | 6.30-7.30pm | Adult | Improvers |
| Ballet Primary | 9.30-10.30am | 4-6 | All |
| Hip Hop | 9.30-10.30am | 7-11 | All |
| Contemporary Club | 10-11am | 7-11 | Beginners |
| Ballet Junior | 10.30-11.30am | 7-11 | All |
| Hip Hop | 10.30-11.30am | 12-17 | All |
| Contemporary Club | 11am-12pm | 7-11 | Improvers |
| Breaking | 11am-12pm | 7-11 | Beginners |
| Pop Steps | 12-1pm | 4-6 | All |
| Girls Only | 12-1pm | 12-17 | All |
| Breaking | 12-1pm | 7-11 | Improvers |
| Breaking | 1-2pm | 12-17 | All |
| Ballet | 10.30-11.30am | Adult | Beginners |
| Ballet | 11.30am-12.30pm | Adult | Improvers |

Thursday

Friday

Saturday

Sunday