

CLASS TIMETABLE

Monday 9 January
- Sunday 31 March



Monday

Class	Time	Age	Level
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

Tuesday

Tap	12-1pm	55+	Beginners
Tap	1-2pm	55+	Beginners
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

Wednesday

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	7-8pm	Adult	Improvers
Tap	7.30-8.30pm	Adult	Improvers
Hip Hop	7.30-8.30pm	Adult	Improvers

Thursday

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
Barre Burn	5.30-6.30pm	Adult	All
Dance Workout	6.30-7.30pm	Adult	All
Hip Hop NEW	6.30-7.30pm	Adult	Beginners
Commercial Heels NEW	7-8pm	Adult	All

Friday

Boogie Babies NEW	9.30-10.30am	0-3	All
Get Moving	11.15am-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
Retro Aerobics NEW	5.30-6.30pm	Adult	All
Flamenco NEW	6-7pm	Adult	Beginners
Bollywood NEW	6-7pm	Adult	All
Vogue NEW	6.30-7.30pm	Adult	All

Saturday

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
Contemporary Fusion	12-1pm	12-17	All
Breaking	12-1pm	7-11	Improvers
Breaking	1-2pm	12-17	All

Sunday

Ballet	10.30-11.30am	Adult	Beginners
Ballet	11.30am-12.30pm	Adult	Improvers
Pilates / Stretch	12.30-1.30pm	Adult	All
Ballet Choreography	12.45-1.45pm	Adult	Improvers