

2018 timetable

ADULT

MONDAY

Zumba	
Zumba Fitness - all abilities	9:30 – 10:30am
Yoga	
Slow Flow Yoga- all abilities	10:35 – 11:15am
Slow Flow Yoga- all abilities	11:50 – 12:30pm

TUESDAY

Adult Ballet	
Barre & Pilates - all abilities	8:45 – 9:30am
Advanced Open & RAD Repertoire	9:30 – 11:00am

WEDNESDAY

Zumba	
Zumba Toning - all abilities	9:15 – 10:00am
Zumba Fitness - all abilities	10:00 – 11:00am
Yoga	
Slow Flow Yoga- all abilities	10:05 – 10:45am
Slow Flow Yoga- all abilities	11:20 – 12:00pm

THURSDAY

Dancefit	
Hiphop, Salsa, Cha Cha - all abilities	9:30 – 10:30am
Adult Ballet	
Beginner	11:00 – 12:00pm
Intermediate	9:00 – 10:00am
Advanced RAD Repertoire	10:00 – 11:00am

FRIDAY

Zumba	
Zumba Fitness - all abilities	9:30 – 10:30am
Piloxing - all abilities	10:30 – 11:30am

SATURDAY

Yoga	
Slow Flow Yoga - all abilities	7:30 – 8:30am

SUNDAY

Yoga	
Power Flow Yoga - Intermediate	9:00 – 10:00am
Slow Flow Yoga - all abilities	5:00 – 6:00pm