

# 2018 timetable

updated in August

## ADULT

### MONDAY

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

### TUESDAY

Adult Ballet	
Barre & Pilates – all abilities	8:45 – 9:30am
Advanced Open & RAD Repertoire	9:30 – 11:00am
Beginner	11:00 – 12:00pm
Born to Boogie	
*All abilities	8:00 – 9:00pm

### WEDNESDAY

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

### THURSDAY

Dancefit	
All levels – Hiphop, Salsa, Cha Cha	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
Trim, Tone & Stretch	10:30 – 11:30am

### SATURDAY

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

\* Indicates classes held at Brighton Rec – 93 Outer Crescent, Brighton

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