

# 2018 timetable

updated in October

## ADULT

### MONDAY

#### Zumba

|                               |                |
|-------------------------------|----------------|
| Zumba Fitness – all abilities | 9:30 – 10:30am |
|-------------------------------|----------------|

### TUESDAY

#### Adult Ballet

|                                |                 |
|--------------------------------|-----------------|
| 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 |

### 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 |
|--------------------------------|---------------|