



Unit 24/14 Jubilee Ave WARRIEWOOD NSW 2102/www.capa-academy.com.au/ Phone: 0402 726 676
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2021 Adult (18+)

DAY	TIME	CLASS
Tuesday	10:30am-11:30am	Open Ballet Strength & Conditioning (All levels)
	7:00pm-8:00pm	Hip Hop / Dance Fit (All levels)
Wednesday	7:00pm-8:00pm	Open Ballet/ Contemporary /Strength & Conditioning (All levels)
Thursday	7:00pm – 8:00pm	Tap (All levels)
Friday	9:45am- 10:45am	Tap (All levels)
	10:45am – 11:45am	Hip Hop / Dance Fit (All levels)

Open Ballet:

An enjoyable way to get fit, toned and supple through the Artistry of Dance disciplines and techniques.

Hip Hop / Dance Fit:

We all love to dance and this class builds strength, cardiovascular fitness and co-ordination while learning the latest dance moves from all over the world.

Tap:

Increase your cardiovascular conditioning, get toned and improve co-ordination with combinations that build strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles.