



## 2023 Adult (18yrs+)

DAY	TIME	CLASS
<b>Tuesday</b>	9:00am-10:00am	Classical Ballet/Strength/Conditioning (All levels)
	6:30pm –7:30pm	Hip Hop/Dance Fit (All levels)
<b>Wednesday</b>	6:30pm –7:30pm	Classical Ballet/Strength/Conditioning (All levels)
<b>Thursday</b>	7:00pm –8:00pm	Tap (All levels)
<b>Friday</b>	9:00am - 10:00am	Classical Ballet/Strength/Conditioning (All levels)
	10:00am - 11:00am	Tap (All levels)

**Classical 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 across the world.*

**Tap Dance:** *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.*