

# DANCEEAST CLASSES

## MOVE YOUR WAY

FOR  
YOUNG  
PEOPLE

### MONDAY

DANCE FOR TOTS (1-4S & GROWN UPS) | OPEN | 10.00AM - 11.00AM

MUMMY MOVERS (0-1S & GROWN UPS) | OPEN | 11.30AM - 12.30PM

DANCE FOR KIDS (4-7S) | OPEN | 4.00PM - 5.00PM

CONTEMPORARY (8-11S) | OPEN | 5.00PM - 6.00PM

BALLET (8-11S) | OPEN | 5.00PM - 6.00PM

BALLET (12-18S) | OPEN | 6.00PM - 7.00PM

### TUESDAY

SPRINGBOARD (4-11S) | OPEN | 4.30PM - 5.15PM

### WEDNESDAY

NO CLASSES

### THURSDAY

HIP HOP DANCE (8-11S) | OPEN | 5.00PM - 6.00PM

HIP HOP DANCE (12-18S) | OPEN | 6.15PM - 7.15PM

### FRIDAY

NO CLASSES

### SATURDAY

DANCE FOR TOTS (1-4S & GROWN UPS) | OPEN | 9.30AM - 10.30AM

DANCE FOR KIDS (4-7S) | OPEN | 10.45AM - 11.45AM

CONTEMPORARY (8-11S) | ADVANCED | 11.45AM - 12.45PM

CONTEMPORARY (12-18S) | OPEN | 1.00PM - 2.00PM

CONTEMPORARY (12-18S) | ADVANCED | 11.00AM - 12.15PM

### SUNDAY

NO CLASSES

# DANCEEAST CLASSES

MOVE YOUR WAY

FOR  
ADULTS

## MONDAY

BALLET (18+) | OPEN | 2.00PM - 3.15PM

CONTEMPORARY (50+) | OPEN | 5.00PM - 6.00PM

BALLET (18+) | OPEN | 6.00PM - 7.15PM

CONTEMPORARY (50+) | ADVANCED | 6.00PM - 7.00PM

BALLET (18+) | ADVANCED | 7.15PM - 8.30PM

## TUESDAY

SPRINGBOARD (18+) | OPEN | 5.15PM - 6.15PM

PILATES (18+) | OPEN | 6.45PM - 8.00PM

## WEDNESDAY

DANCE FOR PARKINSONS (18+) | OPEN | 2.15PM - 3.30PM

HATHA YOGA (18+) | OPEN | 6.15PM - 7.30PM

CONTEMPORARY (18+) | OPEN | 6.00PM - 7.00PM

CONTEMPORARY (18+) | ADVANCED | 7.00PM - 8.15PM

## THURSDAY

HIP HOP DANCE (18+) | OPEN | 7.15PM - 8.15PM

## FRIDAY

NO CLASSES

## SATURDAY

ASHTANGA YOGA (18+) | OPEN | 9.00AM - 10.00AM

## SUNDAY

NO CLASSES