



Adult Timetable 2025

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DAY	TIME	CLASS
TUESDAY	10:00AM-11:00AM	MUSICAL THEATRE (ALL LEVELS)
	6:30PM-7:30PM	MUSICAL THEATRE (ALL LEVELS)
	7:30PM-8:30PM	TAP (ALL LEVELS)
WEDNESDAY	10:00AM-11:00AM	CLASSICAL BALLET / STRENGTH / CONDITIONING (ALL LEVELS)
	6:30PM-7:30PM	CLASSICAL BALLET / STRENGTH / CONDITIONING (ALL LEVELS)
THURSDAY	6:30PM-7:30PM	HIP HOP / JAZZ (ALL LEVELS)

Musical Theatre: *Musical Theatre is a great way of learning how to sing and dance, build confidence and develop performance skills in a fun and friendly environment.*

Classical Ballet/ Strength/ Conditioning: *An enjoyable way to get fit, toned and supple through the Artistry of Dance disciplines and techniques.*

Hip Hop / Jazz: *We all love to dance and this class builds strength, cardiovascular fitness and coordination while learning the latest dance moves from across the world.*

Tap Dance: *Increase your cardiovascular conditioning, get toned and improve coordination with combinations that build strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles.*